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TORONTO metro®

Wednesday, October 24, 2012

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Doctors urge food fight

Campaign. Ontario Medical Association calls for graphic warning labels and higher junk-food taxes to combat obesity

Rising obesity

31.5%

The OMA noted that a recent re-analysis of Canadian data showed that 31.5 per cent of children and teens are overweight or obese. That's up from 14 to 18 per cent in the 1980s.

Ontario doctors have launched an assault on obesity, saying society should aggressively fight the epidemic using the tools that have made major inroads in the battle against smoking.

The campaign calls for graphic warnings — like the ones tobacco companies must print on cigarette packages — on high-calorie, low-nutritional-value foods such as sugar-sweetened soft drinks, french fries and even fruit juices.

It also calls for higher taxes on sugary or fatty foods, lower taxes on healthy foods, and restrictions on sales of junk foods in sports venues and other recreational facilities used by children and teenagers.

The types of changes needed to fight obesity won't come into effect overnight, Dr. Doug Weir, president of the Ontario Medical Association (OMA), admitted at a news conference announcing the campaign Tuesday.

But Weir said society needs to start addressing obesity or it will face epidemic levels of weight-induced illnesses, including Type 2 diabetes, heart disease and some cancers.

"If we don't do something about this now, we're going to have a tidal wave of the consequences of those conditions," said Weir.

He estimated the extra health-care costs attributable to obesity range from $2.2 billion to $2.5 billion a year in Ontario alone.

The OMA isn't in a position to bring about any of the changes it is advocating; it can only help to focus government and public attention on the problem. Weir said the organization will be raising the issue with the Ontario government.

THE CANADIAN PRESS

Dr. Doug Weir, president of the Ontario Medical Association, in Toronto on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Excess consumption of sugary drinks contributes to obesity, Type 2 Diabetes and related complications.
Pizza
Excess consumption of this product contributes to obesity and resulting Non-Alcoholic Fatty Liver Disease.
Grape Juice
Excess consumption of this product contributes to obesity, Type 2 Diabetes and related complications.
chocolate MILK

Pictured are four of the proposed graphic warning labels the Ontario Medical Association wants posted on high-calorie, low-nutritional-value foods. CONTRIBUTED

Woman fatally stabbed in Cabbagetown

Man with knife approached her from behind in alleyway, police say PAGE 3

Timberlake debuts new material at wedding

Singer provides his own entertainment and serenades bride Jessica Biel with an unreleased song PAGE 24

Becoming Bond for a day

Metro reporter Anthony Johnston's mission: To emulate the adventures and stylings of the famed Agent 007 PAGE 19

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Woman stabbed to death in Cabbagetown alleyway

Homicide. Police release surveillance video of victim and suspect Tuesday night

The middle-aged woman was strolling through a dimly lit Cabbagetown alleyway early Tuesday morning. Through the darkness, a man with a hand buried in his black coat calmly appeared behind her. Shortly after, she lay stabbed to death.

Police say the victim, identified only as a woman in her fifties, was walking through the alleyway near Ontario and Winchester Streets at around 7 a.m. when a male with a knife approached her from behind.

In a surveillance tape released Tuesday night, the woman is seen walking east through the laneway from Bleecker Street toward Ontario Street. Police would not release victim information Tuesday until next of kin had been notified. What transpired during the assault remains unclear, but one man, who said he intervened in an attempt to save the woman, said she was stabbed with a long, serrated blade at least 10 times.

Paul Down, 46, said he and his friend heard a woman screaming for help. They rushed to the alleyway, where Down said they found the suspect stabbing and cursing at the woman.

"I looked over and the next thing you know, my buddy Dave whacked the guy with the umbrella," knocking the knife out of the suspect's hand, Down said. He added that the suspect then retrieved the knife and fled south on foot down Ontario Street before turning west on Carlton Street toward Allan Gardens. Down said he pursued the attacker on his electric bicycle until it got caught in a streetcar track.

Judy Court, 69, awoke to the sound of screams: A woman yelling in agony. She said she witnessed the attack from the window of her Ontario Street home. Court said the suspect continued stabbing the defenceless woman, even as two men tried to stop him. "She was just a mound on the ground by then," she said. "(The attacker) just kept going."

TORSTAR NEWS SERVICE

A woman in her 50s was stabbed to death in a Cabbagetown alley early Tuesday morning. ALEX CONSIGLIO/TORSTAR NEWS SERVICE

Still uncertain

Surveillance tape captures the attack

Det.-Sgt. Gary Giroux said police have several surveillance videos capturing the attack. While it is uncertain if the woman was sexually assaulted or robbed, the footage, he said, suggests she was followed.

In the top surveillance video screen grab, a homicide victim is seen. In the bottom screen grab, a suspect is seen following her a few seconds later. POLICE HANDOUT

Christopher Husbands

Alleged shooter sentenced for sexual assault

Christopher Husbands — who faces two counts of first-degree murder and five counts of attempted murder in the Eaton Centre shooting — was sentenced Tuesday to one year in jail and two years probation for sexual assault. He must also submit a DNA sample and be included in the sex offenders' registry for 10 years. TORSTAR NEWS SERVICE

Councillor seen with casino lobbyists the night of her drunk driving arrest

Hours before Coun. Ana Bailao was arrested for impaired driving, she was seen heading to a downtown lounge with the two lead lobbyists for a casino company and the councillor who chairs the board of Exhibition Place — MGM's preferred site for a casino.

Torstar News Service was not able to confirm whether the group arrived at the lounge, although two of Bailao's friends on council say she was there before her arrest. Another individual who represents a rival American casino company in Toronto said he was invited by the group as they left the Mayor's Ball for the Arts. According to this individual, that group included Jamie Besner and Kim Wright, two lobbyists from Sussex Strategy Group who work on behalf of MGM; Nick Kouvalis, who has been hired by Sussex to do research for MGM's casino bid; and the two councillors.

Both Besner and Wright registered to lobby Bailao and Mark Grimes on Oct. 15, the day of the arts ball. When asked about going to the Thompson Hotel lounge afterwards with the councillors and MGM officials, Besner responded in an email: "My registry covers any conversations that I had with any officials regarding MGM on that day. I had no conversations with any city officials that required registry on October 16 … I had no role as a lobbyist after the Mayor's arts ball. I was on my own personal time the rest of the evening."

In the early hours of Oct. 16, Bailao was arrested and charged with impaired driving and driving with 80 mg of alcohol in her system per 100 ml of blood. Her court date was set for Dec. 3. Bailao said she intends to plead not guilty.

TORSTAR NEWS SERVICE

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Theft. Police advise caution with used bikes

If you're thinking about buying a used bike online, you can try to make sure it hasn't been stolen by doing a little investigating.

Det. Robert Whalen offered advice for bikers Tuesday after police of the 55 Division arrested a man suspected of selling stolen bikes on Craigslist.

A woman whose bike was stolen had recognized it in an online ad and alerted police, who on Saturday seized 12 bicycles at a suspect's home, five of which had been declared stolen.

Christopher Mowers, 40, of Toronto, has been charged with possession of property obtained by crime.

Whalen said prospective buyers should gather as much information about the seller as possible. "Try the phone number to make sure it's valid ... because bad guys tend to try and reduce the amount of contact."

Try to get the seller's address, but it's better to meet in a public place, Whalen said.

Getting the seller into a conversation about the bike — where they bought it, how long they've had it — can tell you if the person is legit, he said.

A bike recovered from the home of a suspected bike thief. CONTRIBUTED

"If a person doesn't have those answers right away, then there's something off."

Serial numbers are located at the bottom of the crank assembly and buyers should check that the serial number hasn't been filed off. With a serial number, you can call local police to check that it hasn't been stolen or check the Toronto police bicycle registry online.

Common sense is also good. "Are you looking at a 16-year-old kid with a $5,000 mountain bike ... Does the person have 30 bikes under a tarp in his backyard?" If the person selling the bike isn't the right size for the bike, if the price is too good to be true, or if the person has multiple bikes to sell, you should be wary, Whalen said.

JESSICA SMITH/METRO

Refugee

Resting in peace

Three years after losing her life to cancer, a Toronto refugee can finally rest in peace in her native China. Lin Mei Zhang's sons have been unable to send her ashes or get a plot for her because they didn't have her Chinese ID. Canadian officials told them they'd lost it, but after a story ran Monday, Immigration found it. TORSTAR NEWS SERVICE

Toronto tour bus

Crash caused by driver error: Probe

The crash of a Toronto tour bus in New Jersey earlier this month was caused by driver error, a New Jersey State Police probe has determined. "The investigation is complete and revealed that the driver basically failed to control the tour bus while exiting the highway," said Sgt. Adam Grossman.

TORSTAR NEWS SERVICE

Getting at the root of bullying problems

Roots of Empathy.
Program shows students how to express, regulate, and relate emotions

DEENA DOUARA
deena.douara@metronews.ca

Students in Mr. Azzalini's Grade 4-5 class in Market Lane public school connect with baby Benita as part of the Roots of Empathy program. DEENA DOUARA/METRO

At 11 a.m. Friday, students at Toronto's Market Lane public school observed a minute of silence for Amanda Todd and other victims of bullying. Two hours later, students in Mr. Azzalini's Grade 4-5 class were learning empathy to prevent experiences like Todd's from happening again.

Roots of Empathy, a program developed by Torontonian Mary Gordon in 1996, promotes pro-social behaviour and decreases aggression amongst students by bringing infants into classrooms.

Through experiential learning — observing the loving relationship between a parent and infant — students learn to identify and develop their own emotional vocabulary. A facilitator goes into a class with an infant and one or both parents and solicits students' thoughts and feelings about the baby's thoughts and feelings.

"It's about finding the humanity in everyone," says Gordon.

In Mr. Azzalini's class, facilitator Donna Letchford asks students what little Benita, just three months old, might be feeling as she meets them all for the first time.

"Shy," says one student. "Excited," says another, which leads to a discussion about how the students react when they meet people for the first time.

While conventional wisdom holds that children must experience empathy early in life, Gordon says independent studies show equally effective program results from kindergarten to Grade 8.

"It's another opportunity to recalibrate if you missed it at home," says Gordon.

Christopher Lawley, a Grade 2-3 teacher at the school, brought the program to his class because he found that many students lacked the skills to react to problems in healthy ways. The results were "dramatic."

Lawley says one student who would frequently snap at others for minor transgressions is now "willing to pause and take in the other person's point-of-view."

"He's able to stop himself, calm himself down, and find a way to sort it out," Lawley says.

The potential implications of the program reach well beyond the schoolyard. Gordon sees perspective-taking as the key to lifelong conflict-resolution. She also believes in the power of bystanders, who she says get empowered to speak up against injustice.

"An empathy-deficit is the biggest concern in the world today … it's about those little acts of courage."

Facts and figures

- Toronto District School Board has 145 programs in 115 schools this year
- 165,600 students have participated across Ontario
- Roots offers programs in every province, New Zealand, U.S., U.K., and Germany
- Founder Mary Gordon is a member of the Order of Canada and an Ashoka Fellow

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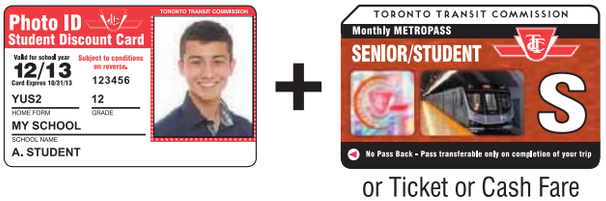

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CONTRIBUTED/TEDXTORONTO

TEDX: MAKING BRAINWAVES

In Part 3 of our five-part series leading up to the fourth TEDx (Technology, Entertainment and Design) conference in Toronto, Metro talks to **Barbara Arrowsmith-Young**, author of The Woman Who Changed Her Brain, who is leading the charge to rethink how we help children with learning disabilities

Half a century ago, Barbara Arrowsmith-Young was told she had a "mental block" and wouldn't be able to learn as other children did. Today, at two Arrowsmith schools she founded in Toronto and Peterborough, students with learning disabilities are breaking old barriers with her groundbreaking brain-retraining exercises, which have been adopted by 40 other schools in North America.

What was the nature of your learning disability?

It wasn't really diagnosed because I was born in 1951. But I read backwards, I wrote backwards, there were multiple parts of my brain that weren't working. I had spatial problems — I'd get lost all the time. The whole left side of my body was non-functional. If I lifted a cup, I would drop it. I would constantly bump into things. It was almost the level of a stroke victim.

How did you "change your brain?"

In 1977, the summer, I came across the work of Alexander Romanovich Luria, a Russian neuropsychologist who mapped the functions of different parts of the brain. Based on that, I created my first exercise by January 1978.

I knew that to work the brain I needed to find an activity that would exercise that underperforming area. I had never been able to tell time because I couldn't understand the relationship between the hour and minute hand, so the first exercise I created involved reading clocks. It wasn't that I wanted to get better at telling time per se, but I wanted to work my brain over and over again, making it process and understand relationships. And it worked.

I went on to create exercises to work the function of other areas that had caused me problems. I began to read maps, create maps inside my head. I could use the left side of my body in an efficient and co-ordinated manner — no more accidents.

Would it be fair to say that the concept of neuroplasticity — that the brain is able to change itself and forge new pathways to overcome blocks — is widely accepted now?

Yes, there is so much research demonstrating that the brain can change throughout our lifetime that the concept of the "changeable brain" is irrefutable.

Then why is it that the way we teach children with learning disabilities hasn't caught up to the science?

This work (in neuroplasticity) comes out of neuroscience, not education, and it takes time for the research in one field to inform the practice in another. But I believe in the next 10 years we will see more programs that put into practice what we have learned from this research.

How are children taught differently at the Arrowsmith School?

Traditional approaches are workarounds or compensatory — in other words, if you have a poor memory, then you make an audio recording of your lectures. If you can't write, you use voice-recognition software. The Arrowsmith program's cognitive exercises (19 in total, addressing auditory memory, reasoning, problem-solving, etc.) use specific, targeted stimulation to strengthen weak cognitive areas so that learning can proceed. KATHY ULLYOTT/FOR METRO

TEDx Toronto

Barbara Arrowsmith-Young is one of 17 featured speakers at TEDx Toronto on Friday. To learn more, go to tedxtoronto.com.

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Public interest prevails

Correctional Service tries to prevent release of cell-death video

Federal prison authorities are going to court to try to stop release of a jailhouse video of a teen who died in her cell. Their announcement came after the coroner refused to put a publication ban on the videos of Ashley Smith.

Prison authorities wanted the videos of a dying Smith kept from public view. But coroner Dr. John Carlisle said the public's right to know was too important.

THE CANADIAN PRESS

Annual report

Self-harm by prisoners rising

The federal correctional investigator says the number of prisoners harming themselves in federal penitentiaries has almost tripled in the last five years.

THE CANADIAN PRESS

E-vulnerability

Feds slow to respond to cyber-attack threat: AG

The federal government has been slow to boot up an effective response to the rapidly growing threat of cyber-attacks on crucial systems, says Canada's auditor general.

In his report, Michael Ferguson reveals the government has made only limited progress in shoring up vital computer networks and has lagged in building partnerships with other players.

THE CANADIAN PRESS

Foreign workers

B.C. investigates recruitment ad

The provincial government is investigating after the B.C. Federation of Labour complained an employment agency has been advertising for Canadian jobs, offering miners in China a chance to work here in exchange for exorbitant recruitment fees.

THE CANADIAN PRESS

Harper backbencher gives awards to anti-abortion crusaders

Diamond Jubilee medals. Activists jailed repeatedly for aggressive actions called 'heroines of humanity' by Vellacott

Conservative MP Maurice Vellacott, who gave Diamond Jubilee medals to two anti-abortion activists who have been jailed repeatedly, calls them "heroines of humanity."

Vellacott gave one of his 30 allotted medals to Mary Wagner, whose aggressive actions "counselling" women at abortion clinics have repeatedly landed her behind bars.

The Saskatchewan MP also gave one to Linda Gibbons, another longtime pro-life advocate and frequent convict on mischief charges.

THE CANADIAN PRESS

Saskatchewan Conservative MP Maurice Vellacott is shown in the House of Commons in May 2006. FRED CHARTRAND/THE CANADIAN PRESS

McGuinty. Outgoing premier not seeking federal job

Dalton McGuinty won't be challenging Justin Trudeau for the federal Liberal leadership.

The Ontario premier has decided to look for challenges outside politics altogether. "I made a commitment ... both to myself and to some supporters to carefully consider a run for the Liberal leadership for the Liberal Party of Canada,'' McGuinty said.

"I've talked it over with family and supporters and I've decided not to run."

McGuinty loyalists say he has been under mounting pressure to run since he shocked Ontario last week by announcing his intention to resign. Some of his closest advisers had even put together a campaign team. He said two factors influenced his decision: the conflicting timing of the federal and provincial races and the 10-year commitment required to rebuild the federal party.

THE CANADIAN PRESS

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Syria: It's a matter of life and death

A view of damaged buildings from shelling in Aleppo, Syria, taken Sunday.
MANU BRABO/THE ASSOCIATED PRESS

Aleppo under siege. Survival instincts are being stretched to the limit as rebels and Bashar Assad's regime clash and battle for Syria's largest city

The rumble of engines in the sky immediately set the Aleppo neighbourhood below on edge. Men peeked from shops anxiously at the Syrian warplane circling slowly overhead. Housewives emerged on balconies to gauge whether they were about to be hit. But the kids hanging out on the street were unfazed. One kept dribbling his basketball.

Finally, the jet struck. Engines revving louder, it dove and unleashed a burst of heavy machine-gunfire into a nearby part of the city. It soared back up under a hail of rebel anti-aircraft fire, then swooped back down for a second strafing run.

The women on the balconies broke into tears, fearing for the children in the street. But the boys just pointed at the jet, shouting "God is great" in challenge. "God send you to hell, Bashar," one boy yelled as the jet flew away.

With death lurking around every corner, the survival instincts of Aleppo's population are tested every day as the battle between Syria's rebels and the regime of President Bashar Assad for the country's largest city stretches through its fourth destructive month. Residents in the rebel-held neighbourhoods suffering the war's brunt tell tales of lives filled with fear over the war in their streets, along with an ingenuity and resilience in trying to keep their shattered families going. THE ASSOCIATED PRESS

Gaza Strip

Landmark trip for emir of Qatar

The emir of Qatar became the first head of state to visit the Gaza Strip since Hamas militants seized the territory five years ago, showering almost half a billion dollars and unprecedented political recognition on the Islamic militant group. The Tuesday visit highlighted the tumultuous changes that have swept the region during the Arab Spring events over the past two years, pushing once-shunned Islamic movements to the forefront of Mideast politics.
THE ASSOCIATED PRESS

Double life

Informant denounces NYPD

A paid informant for the New York Police Department's intelligence unit was under orders to "bait" Muslims into saying inflammatory things as he lived a double life, snapping pictures inside mosques and collecting the names of innocent people attending study groups on Islam. Shamiur Rahman, a 19-year-old American of Bangladeshi descent who has now denounced his work as an informant, said it involved creating a conversation about jihad or terrorism and sending it to the NYPD.
THE ASSOCIATED PRESS

Afghanistan. 10 Afghan troops dead after ambush

Taliban insurgents killed 10 Afghan troops in an ambush in western Herat province, police and government officials said Tuesday.

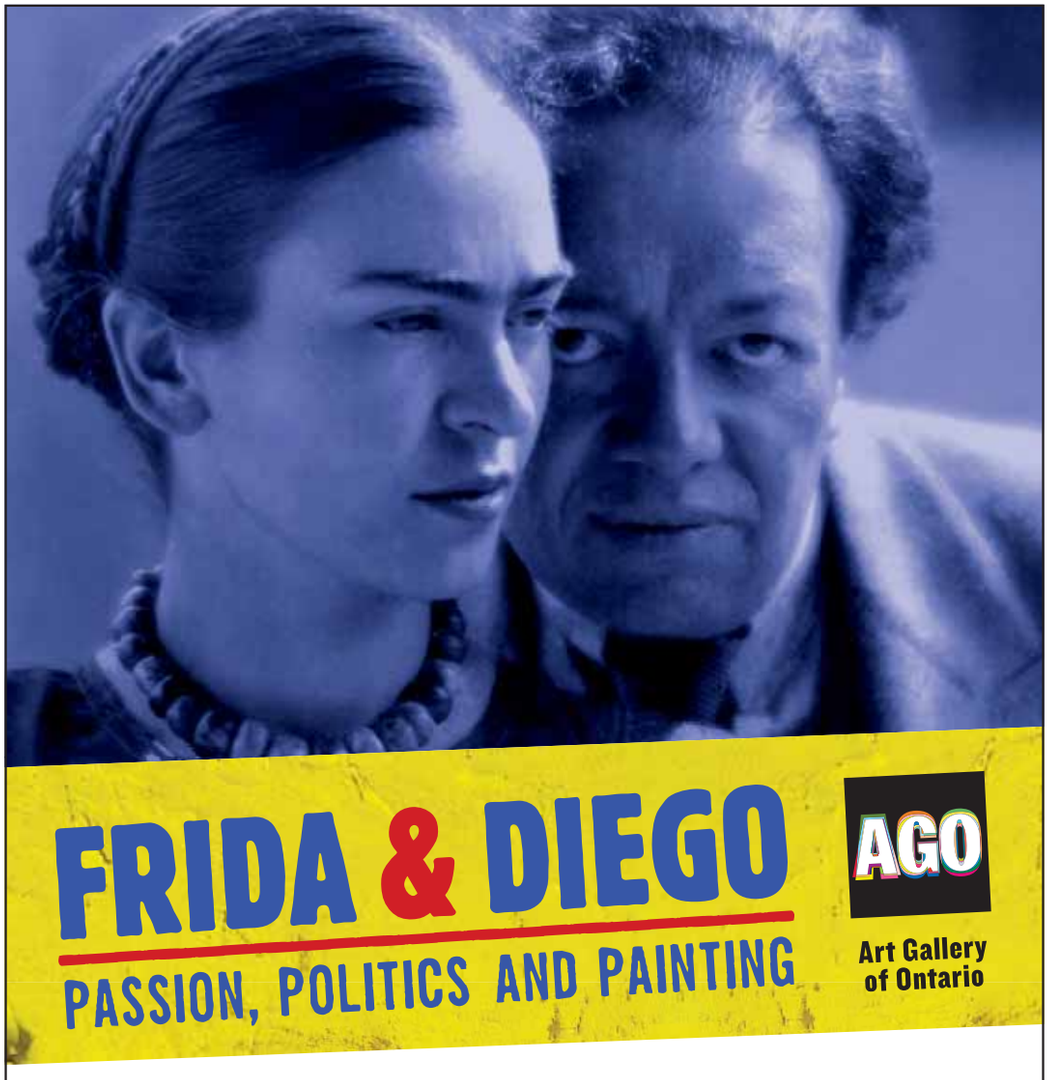
A spokesman for the provincial governor, Muhiudin Noori, said the Afghan troops, both soldiers and police, were searching late Monday for a group of insurgents who had earlier set up a roadblock, stopping and seizing passing vehicles, when they were ambushed.

Five policemen, including the district commander, and five soldiers, died in the ensuing firefight, Noori said. There were no insurgent casualties, but police later arrested 25 suspects found in the area, he added.

Also Tuesday, an American service member was killed in an insurgent attack in the east, the U.S. military said in a statement. It did not provide further details about the attack. The latest death makes at least 12 American service members killed so far this month and 265 killed so far this year.

The Herat ambush was the bloodiest single incident for Afghan security forces this year in western Afghanistan, an area where the insurgents have been less active than in their strongholds in the east and west. THE ASSOCIATED PRESS

An Afghan National Civil Order policeman searches a man in Marjah, Afghanistan, Sunday. A Taliban ambush left 10 Afghan troops dead Tuesday. One American soldier was killed in a separate attack. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS



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Martin Munkacsi, *Frida Kahlo and Diego Rivera* (detail), Mexico, 1934. Digital Image Courtesy International Center of Photography, Museum Purchase, 2009. © Estate of Martin Munkacsi, Courtesy Howard Greenberg Gallery, New York.

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Russian spacecraft blasts off from new site

Baikonur. Need for backup launch site became acute with decommissioning of shuttle fleet in 2011

A Russian spacecraft surged into clear skies over the Central Asian steppe Tuesday, carrying a three-man crew on their way to the International Space Station.

The engines of the Soyuz TMA-06M sent a powerful roar across the tinder-dry countryside of southern Kazakhstan as scheduled in the afternoon to deliver NASA astronaut Kevin Ford and Russians Oleg Novitsky and Yevgeny Tarelkin to the orbiting laboratory.

After a two-day journey, the astronauts will join U.S. astronaut Sunita Williams, Russia's Yuri Malenchenko and Aki Hoshide of Japan's JAXA agency.

The crew will face what may be the heaviest workload in the 12-year history of the space station over its first week.

Tasks will include handling the departure of a Dragon cargo vehicle and a spacewalk to carry out repair operations on the station.

THE ASSOCIATED PRESS

Cosmodrome

For the first time since 1984, the manned takeoff took place from the Russian-leased Baikonur cosmodrome's launch site 31.

- The pad that is normally used — the one where Yury Gagarin became the first human to travel into space in 1961 — is being modernized. Site No. 1, better known as Gagarin's Start, was last overhauled in 1983.
- Launches of a modernized version of the craft that flew Tuesday will begin from Gagarin Start in 2016.

The Soyuz-FG rocket with the Soyuz TMA-06M spacecraft carrying a new crew to the International Space Station, blasts off from the Russian-leased Baikonur cosmodrome in Kazakhstan on Tuesday. NASA, BILL INGALLS/THE ASSOCIATED PRESS

$442 summer ride

N.Y.C. considers new pedicab rules

Even in an era of $500 hotel rooms and $18 cocktails, the $442 that a Texas family paid for a ride in a New York City pedicab has become notorious.

The fare made headlines over the summer, and since then officials have been pushing for a simplified pricing structure.

Pedicab operators are allowed to charge whatever they like as long as their prices are posted on the side of the cab. That was what led to the $442 fare. The driver told the couple after their 14-block ride that there was a $100 fare for each additional passenger, even though the daughters were 7 and 9.

A proposal before City Council would scrap the rate cards for a per-minute charge that each driver could set. "What we don't want are surprises at the end," Coun. Dan Garodnick said. THE ASSOCIATED PRESS

Grave error

Polish thieves find 12 coffins in van

A group of Polish car thieves got some unexpected cargo when they stole a van in Germany: 12 sealed coffins.

Polish police said the coffins were found early Tuesday in the woods near the western Polish city of Konin.

The thieves apparently dumped the coffins after they unwittingly stole a van in Germany that was on its way to a crematorium.

The coffins were in one of three vans stolen on the night of Oct. 14 in the Berlin suburb of Hoppegarten.

Polish police spokesman Andrzej Borowiak says three Poles have been detained and two more are being sought on suspicion of stealing the vehicles.

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Mitt has 'Romnesia': Obama

Final countdown. Hard-hitting U.S. president accuses the Republican of shifting his positions

President Barack Obama has come out swinging — again.

The morning after the last televised presidential debate — in which critics say he gave a hard-hitting performance — he accused his Republican challenger Mitt Romney of shifting his positions. He even joked that Romney was suffering from "Stage Three Romnesia."

"We are accustomed to seeing politicians change their position from four years ago," Obama told a Florida rally Tuesday. "We are not accustomed to seeing politicians change their positions from four days ago."

Romney presented a more centrist approach to foreign policy during the debate.

But the Obama campaign said the Republican's performance showed he is willing to shift from or lose his more conservative positions to satisfy his more mainstream constituents.

The two contenders are neck-and-neck in the race for the White House as they enter the home stretch before Election Day.

By abruptly moderating his foreign policy positions, Romney is hoping to neutralize one of Obama's main strengths.

But the move toward the political centre comes with potential pitfalls. By abandoning several of his sharpest criticisms of Obama from the past several months, Romney risks upsetting some conservatives and reinforcing the allegation that his positions lack conviction and leadership. THE ASSOCIATED PRESS

U.S. President Barack Obama and challenger Mitt Romney walk past each other after Monday's debate. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

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Can quakes be predicted? Court says yes, leaving Italy's experts in fear

Four top Italian disaster experts quit their posts Tuesday.

They said the manslaughter convictions of former colleagues for failing to adequately warn of a deadly 2009 earthquake mean they can't effectively perform their duties.

A court in the quake-devastated town of L'Aquila convicted seven ex-members of Italy's so-called "Great Risks Commission" and sentenced each to six years in prison.

The sentences prompted predictions that experts will be discouraged from working in Italy for fear of similar risks of prosecution.

Prosecutors said the defendants didn't properly warn town residents of the risk of a big quake following weeks of small tremors.

But scientists have ridiculed the case, saying earthquakes cannot be accurately predicted. THE ASSOCIATED PRESS

308 killed

The 6.3-magnitude quake left 308 people dead in April 2009.

Abuse case. Sandusky moves to a state prison

Jerry Sandusky, the disgraced former Penn State football coach, became a state prison inmate Tuesday.

The 68-year-old was transferred out of the Centre County jail, his home since he was convicted in June of child molestation.

He arrived at the State Correctional Institute at Camp Hill, just outside Harrisburg, Pa., a prison spokesperson said.

At Camp Hill, experts will assess his mental state, physical health and education level, and determine whether he needs treatment.

"I have some concerns about his medical needs and we're going to be taking a careful look at that to make sure they're being addressed," said his lawyer, Karl Rominger. Specifically, he said, Sandusky has sleep apnea and uses a so-called CPAP machine.

Sandusky was sentenced this month to 30 to 60 years for sexual abuse of 10 boys over a 15-year period. THE ASSOCIATED PRESS

Bomb plot

U.K. court told of truck attack plan

Three British Muslim men accused of plotting a mass casualty bomb attack were secretly recorded discussing plans to strap sharp blades to the front of a truck and drive it into a crowd, a prosecutor said Tuesday.

Brian Altman said suspect Irfan Khalid, 27, was heard describing the device, featured in the al-Qaida magazine Inspire, and saying the idea was to "just drive it into people in (a) crowded area."

"Yeah and do what AQ (al-Qaida) said, put that blades at the front of it and trample on everyone," he was recorded saying.

Khalid, 27-year-old Ashik Al and Irfan Naseer, 31, are accused of plotting to set off multiple bombs, either on timers or in suicide strikes, in a bid to launch an attack bigger than the 2005 London transit bombings. Prosecutors say they were the senior members of a home-grown terror cell. THE ASSOCIATED PRESS

Mom guilty of disorderly conduct at U.S. airport

U.S. Transportation Security Administration officers staff a security checkpoint at a Chicago airport. SCOTT OLSON/GETTY IMAGES FILE

Body scanners and pat-downs. Case draws attention to debate over new, intrusive screening methods at airports

A woman was found guilty Tuesday of disorderly conduct for berating security officers trying to pat down her teenage daughter and then refusing to submit to the procedure herself at a Tennessee airport.

Jurors deliberated four hours before convicting Andrea Abbott. She had faced up to 30 days in jail and a $50 fine for her conduct in the July 2011 confrontation at Nashville International Airport, but the judge placed her on probation for a year because she has no criminal record.

Judge Joe P. Binkley Jr. warned the 42-year-old "to be certain you don't get into any further problems with the law."

Abbott didn't talk to reporters outside the courtroom. Her defence attorney, Brent Horst, said she was disappointed in the verdict, but felt she got a fair trial.

"She just wanted to stand on principle, because she felt that she had done nothing wrong," said Horst, who handled the case pro bono.

The prosecution said Abbott's behaviour "prevented others from carrying out their lawful activities," which is part of the definition of disorderly conduct under state law. Abbott testified during the first day of the trial on Monday that she was not unruly but did yell at officers. She said she was "irritated, but not arguing."

But Assistant District Attorney Megan King said in closing arguments Tuesday that Abbott's behaviour caused two security lanes to be halted and made a normally one-minute security check a 30-minute ordeal. THE ASSOCIATED PRESS

Back from the dead. Brazilian man very much alive at his own funeral

A 41-year-old car washer shocked his family when he interrupted a funeral being held for him at his mother's home in the town of Alagoinhas in Brazil, police said Tuesday.

Police inspector Roberto Lima said on Sunday Jose Marcos Araujo identified a body at the city morgue as being that of his brother, Gilberto.

Lima said that Jose Marcos took the body to his mother's home where a wake was held.

Lima said the confusion was understandable. "The two men closely resembled each other and both worked as car washers," Lima said, adding that the man whose body was in the morgue was named Genivaldo Santos Gama.

A few hours before the Monday burial "a friend of Gilberto's saw him walking down the street and told him that his family was mourning him," he said. THE ASSOCIATED PRESS

'Most courageous person'

Skydiver offers UN chief free lesson

Supersonic skydiver Felix Baumgartner wants to teach UN Secretary General Ban Ki-moon how to skydive.

Baumgartner made the offer Tuesday during a photo opportunity where the UN chief spoke admiringly of Baumgartner's death-defying leap last week from a balloon 39 kilometres above the Earth, breaking the sound barrier and setting a world record.

When Ban said that he had never skydived, the Austrian offered up his services. "Here's your chance, I'll teach you to skydive," Baumgartner said.

While Ban looked less-than-enthusiastic about the skydiving lesson, he did call Baumgartner "the most courageous person in the world."

Ban's spokesman, Martin Nesirky, told reporters that while the secretary-general usually deals with weighty issues involving conflicts and wars, he also thinks it important to engage other parts of society. THE ASSOCIATED PRESS

Felix Baumgartner. RED BULL STRATOS/THE ASSOCIATED PRESS

Pray away crime

Chief criticized for advocating prayer

Winnipeg's new police chief is facing criticism for suggesting that prayer can help cut crime. Devon Clunis told a Christian weekly newspaper that prayer could play a significant role in building safer communities. An ethics professor at the University of Manitoba says Clunis should not be advocating religion from a public office. THE CANADIAN PRESS

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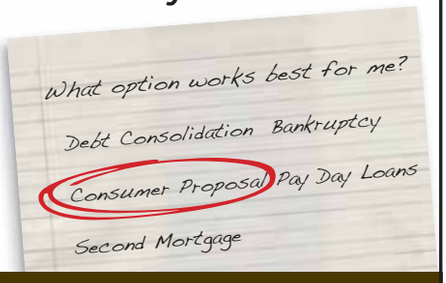

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Execution table can support obese inmate: Warden

Ronald Post. Inmate argues his weight, vein access, scar tissue and other issues raise likelihood of problems during execution

The warden of the prison where Ohio puts inmates to death says the state's execution table can easily hold a 400-pound condemned inmate who has argued he is so big it might collapse.

The table was tested by placing an equally heavy prison employee on it and by placing weights on it.

"The execution table held firmly and showed no signs of instability," Donald Morgan, warden at the Southern Ohio Correctional Facility, said in a court filing late Monday opposing inmate Ronald Post's request to be spared.

Ronald Post THE ASSOCIATED PRESS/FILE

Post's attorneys said last month he weighs 480 pounds, while the state says Post weighed 396 pounds last week.

Post, 53, is scheduled to die Jan. 16 for the 1983 shooting death of Helen Vantz.

Vantz's son, Bill Vantz, has called Post's arguments "laughable."

Post argues his weight, vein access, scar tissue, depression and other medical problems raise the likelihood his executioners would encounter severe problems.

"Indeed, given his unique physical and medical condition, there is a substantial risk that any attempt to execute him will result in serious physical and psychological pain to him, as well as an execution involving a torturous and lingering death," a court filing said last month.

THE ASSOCIATED PRESS

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Conrad Black calls BBC personality 'British fool'

Return to U.K. soil. In another interview, he tells Sky News host to 'stop being a jackass'

Former media magnate Conrad Black has suggested in a pair of eyebrow-raising British TV interviews that he could resume his seat in the House of Lords.

In one interview, Black termed a BBC host a fool and talked about "being able to endure a discussion like this without getting up and smashing your face in."

In another, he told a Sky News interviewer Tuesday to "stop being a jackass."

During his first appearance, Black told BBC Two's Newsnight on Monday that the U.S. charges that sent him to prison for close to three years were "rubbish" and that he had been "persecuted half to death."

Black, who returned to his Toronto home this year after being released from a Florida prison, spoke critically of the U.S. justice system during the interview, describing the American prosecution of him as "a smear job from A to Z."

"The whole system is a fraudulent, fascistic conveyor belt of the corrupt prison system," a combative Black said.

But the chat with Newsnight's Jeremy Paxman became heated when the host referred to Black as a convicted criminal and Black responded by calling Paxman a "priggish, gullible, British fool." THE CANADIAN PRESS

Quoted

"After seven years, my first morning back in Britain, am I to be subjected to this?" **Conrad Black,** responding to BBC interviewer Jeremy Paxman's questions about Black's wife, Barbara Amiel

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Beef recall

Agency allows XL Foods to reopen

The Canadian Food Inspection Agency restored the operating licence Tuesday for a southern Alberta meat-packing plant at the centre of a massive recall of tainted beef, and launched a review of the E. coli crisis that sickened at least 16 people. THE CANADIAN PRESS

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iPad Mini priced well above rivals

Orders start Friday.
New tablet 'is not just a shrunken down iPad,' senior Apple exec says

Apple introduced a smaller iPad on Tuesday as expected, and updated its full-sized one. It also unveiled new Mac computers, including a 13.3-inch version of a MacBook Pro with sharper, "Retina" display.

With a screen measuring 7.9 inches on the diagonal, the iPad Mini is about two-thirds the size of the regular iPad. "You can hold it in one hand," said Philip Schiller, Apple's senior vice-president for worldwide marketing. "It's not just a shrunken down iPad. It's an entirely new design."

The iPad Mini starts at $329 US, which makes it more expensive than rival, seven-inch products — Amazon.com Inc.'s Kindle Fire starts at $159 US, and Google Inc.'s Nexus 7 at $199 US.

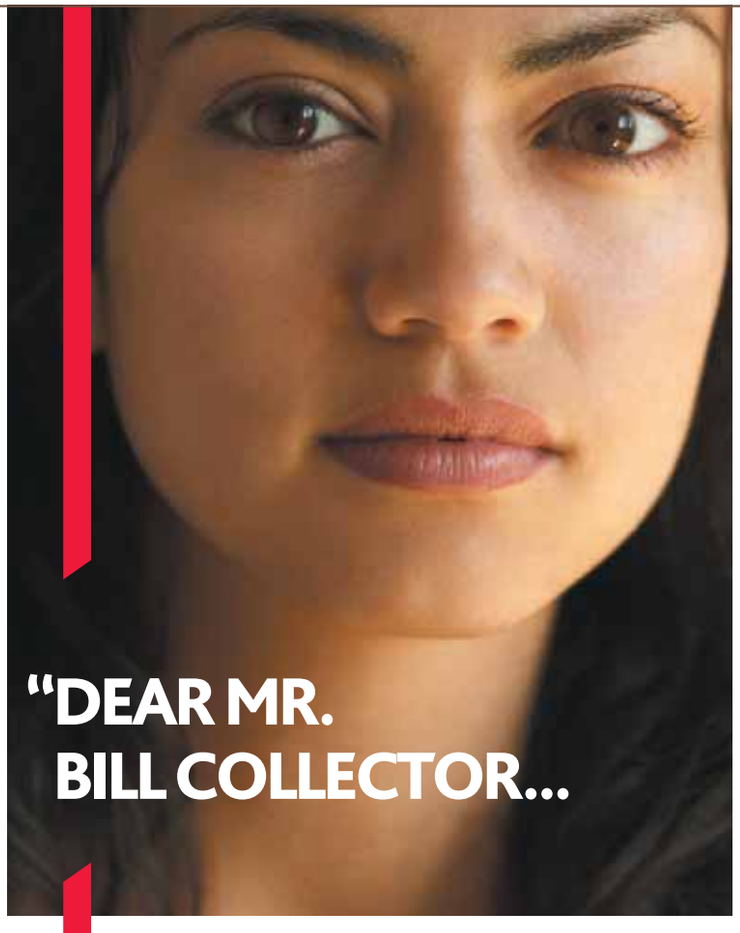
Advance orders for the iPad Mini and the new full-sized iPad will begin Friday, and the products will be available Nov. 2. Two weeks later, a version capable of using cellular networks will go on sale. That's a feature the cheaper, seven-inch tablets don't have.

The new full-sized iPad is an update to the third-generation device that went on sale in March. It has a sharper screen and promises a faster processing chip and faster wireless Wi-Fi connectivity. Prices start at $499 US.

- A new thinner and lighter version of the 13.3-inch MacBook Pro, with a sharper display, will start at $1,699 US.
- New iMac computers feature what looks like a super-thin display screen — but Schiller noted "there is an entire computer in here."
- A new Mac Mini starts at $599 US and comes with four gigabytes of RAM.

THE ASSOCIATED PRESS

The iPad Mini, shown in San Jose, Calif., on Tuesday, has a screen about two-thirds as large as the full-sized model.
MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS



Thank you sir.
Thank you for all the attention right now.
When my sister got sick, a lot changed,
otherwise we may never have met.
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but you always know the perfect moment to call
and your persistence has given me strength.

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A DESTINATION WEDDING WHERE NO MAN HAS GONE BEFORE

JUST SAYIN'
Paul Sullivan
metronews.ca

Figure it out. The average life span lasts about 29,000 days. Might sound like a lot, but that's all you get.

So why would you spend a single one at a Star Trek convention?

The original Star Trek's Captain Kirk, William Shatner, had a lucid moment a few years back when he wondered the same thing.

Kingdom Klingon

They're so obsessive that the big event of the two-day fest, which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume.

"I didn't want anything to do with a group of obsessives who paid to get together to talk incessantly about a TV show that had been cancelled. It wasn't logical."

That was then. Apparently in his dotage these days, he made the trek to London, England, this past weekend in order to revel in the adoration of the obsessives.

How obsessive are they? They're so obsessive that the big event of the two-day fest, which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume. The previous record of 1,040 nerds in a room was beat, as 1,083 Klingons, Vulcans and Ferengi came together to … come together.

One couple really came together, exchanging vows as Klingons, the war-like aliens immortalized by Worf in Star Trek: The Next Generation. They spent their honeymoon at the convention, natch. I can't help but wonder what happens the first time Jossie tries to bite Sonnie (they're both Swedish in real life) on the neck (how a Klingon indicates he or she is interested in sex), and Sonnie says "Not tonight dear, jIwuQ (I have a headache)." The fur will fly, no doubt.

Not only did trekkers (the politically correct version of "trekkie") waste two of their 29,000 to pine for a program that went out of production on May 13, 2005, they spent as much as 3,000 British pounds on a ticket.

To be fair, the damn thing is tougher to kill than a Romulan battle cruiser. J.J. Abrams directs the next movie, which documents the further adventures of a reinvented Captain Kirk, set to open on May 17, 2013, eight years later, almost to the day the series died.

How's that for symmetry? Symmetry is very important when you're a trekkERRRR.

If this keeps up, Star Trek will eventually catch up to its fictional "real time," sometime in the 23rd century. In fact, I'm surprised this has never been a Star Trek episode, as it's right up their alley.

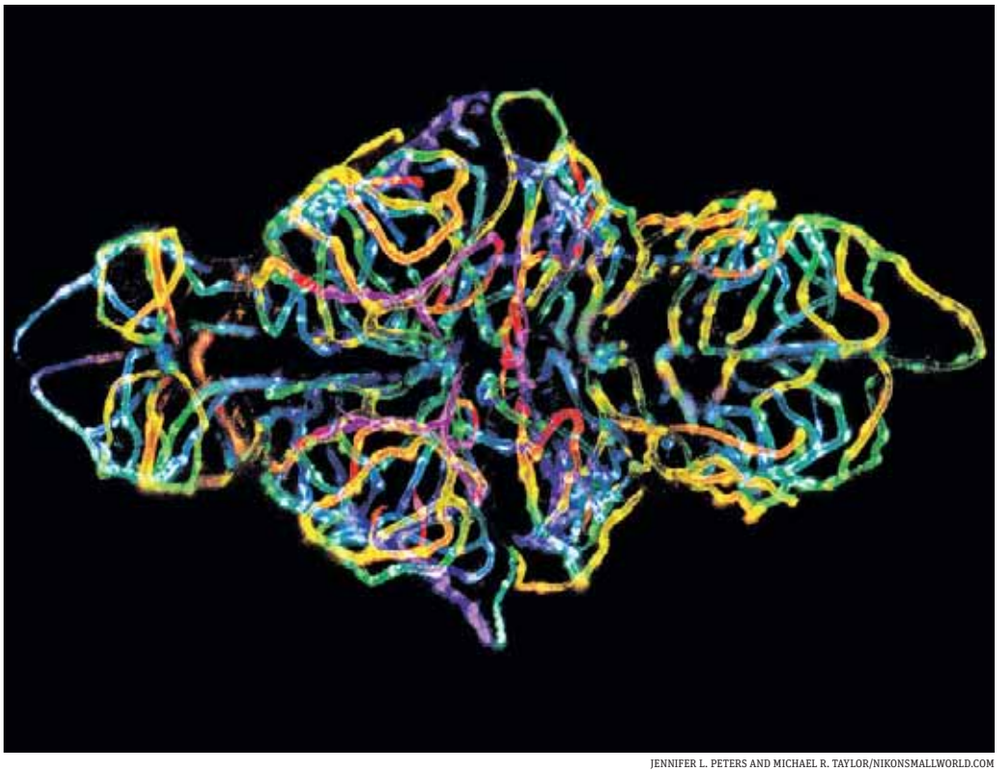
Full disclosure: I used to be a fan, but bailed when the show jumped the shark somewhere between Deep Space Nine and Voyager. But I'd like to think I never thought of Scott Bakula (Star Trek captain #5) as "legendary" or the kiss between Captain Kirk and Lieutenant Uhura as a milestone in U.S. race relations.

Yes, all the various Star Treks won 31 Emmys. But Frasier won 37 all by itself, and they don't have a Frasier convention every year with 1,000 Jack Russell terriers called Eddie.

At least not yet.

Jossie Sockertopp and Sonnie Gustavsson tie the knot in a Klingon wedding ceremony last weekend in London, England. OLI SCARFF/GETTY IMAGES

This photo is a little fishy



JENNIFER L. PETERS AND MICHAEL R. TAYLOR/NIKONSMALLWORLD.COM

Photomicrography

Fish brain lights up to win contest

A first-ever picture of the blood brain barrier in a live animal has won this year's Nikon Small World Competition, which recognizes excellence in photography taken through a microscope.

The blood brain barrier in a live zebra fish embryo was made by Jennifer Peters and Michael Taylor at St. Jude Children's Hospital in Memphis, Tenn. METRO

Q & A

This is a photo first

Can you describe the photo?
This image is of blood vessels from the brain of a live zebra fish larva. Using a fluorescent protein, we labelled the vessels that make up the blood brain barrier. As the colour changes from red to yellow to green to blue, the vessels are going deeper into the brain.

How is this image important in science and art?
This is the first time the entire blood brain barrier has been imaged in a live animal. I believe that new models of the blood brain barrier, such as the zebra fish shown in our image, may lead to new treatments for central nervous system diseases that disrupt the BBB: neurodegenerative disorders, brain tumours and strokes, to name a few.

Esthetically, it's absolutely stunning.

MICHAEL TAYLOR
Biology researcher

Science explained

What's a blood brain barrier?

This defensive barrier is a group of cells that let nutrients and other necessities move between blood vessels and the central nervous system, while keeping bacteria out of the brain's region. METRO

Online

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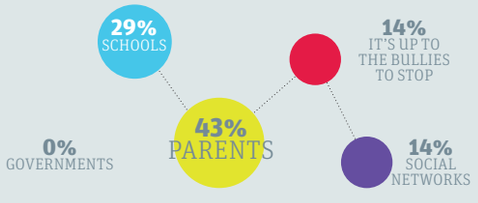

Twitter

@JaysDome:
The #BlueJays need to stay far far away from Ozzie!

@melissamon:
The Oma is a bunch of losers how r u gonna put bad labels on junk food I'm not obese y do I have to see that s--t

@EmmaKeno:
Edgar Allan Poe on a rainy day is the perfect use of my time.

@nexbridge:
I think we now should give a Diamond Jubilee medal to Harper's Cat. #cdnpoli #pnpcbc

@Bergg69:
#cdnpoli "Why is a 3% tax increase for the wealthy considered "socialism" but an 8% wage cut for the middle class is "doing your part?"

metro

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‘I was James Bond’

London. Reporter plays 007 for a day, scaling an arena, drinking martinis and scoring a Bond girl

ANTHONY JOHNSTON
Metro World News

Licence to Thrill: Anthony Johnston, a.k.a. James Bond, in front of the iconic O2 Arena in London. Inset, Anthony as Daniel Craig taking care of an adversary. NICK CUNARD

As a copy editor, I’m a stickler for, well, everything: words, grammar, facts … and movie trivia. I know a thing or two about James Bond (his dad was Scottish and he has a drink every 24.3 minutes, for example) but I never pictured myself as 007.

In fact, no one has pictured me as 007. At six-foot-six and close to 275 pounds — counting my bushy beard and hair — I am closer to Jaws in stature and have as much experience with firearms as Moneypenny (none). Despite all this, I took up the mission of Be Bond for a Day to see if I could masquerade as a secret agent.

Cut and shave à la Bond

To be Bond, you have to look the part. So that means a respectable tuxedo — Moss Bros. of King Street, Covent Garden fixed me up — and an all-out makeover. At traditional barbers Murdock London (Liberty department store, Great Marlborough Street, London), they specialize in slick side-parting styles and wet shaves with cutthroat razors.

Prepared, I whip out a photo of Sean Connery in Dr. No — it’s the look I want. My barber Alex Glover applies lashings of exfoliating creams and several hot towels to my face before diving into the mossy bush on my cheeks and atop my head.

The result is pure, pomaded Sean. I am now ready to climb a building.

Johnston, Anthony Johnston

In The World is Not Enough, 007 lands atop London’s O2 arena after falling from an exploding hot-air balloon. Forgetting to bring my exploding hot air balloon, I sign up for the site’s latest attraction Up at The O2, a 190-metre open walkway that stretches over the roof.

Attached to a harness, visitors scale the tensile fabric path, which at its steepest has an incline of 30 degrees, and finally rest at the observation deck — 52 meters above ground level. (The equivalent of 27 Sean Connerys and one Nick Nack, stacked up tall.)

Vertigo nearly kicks in. But if you’re like Bond and walk with purpose — as fast as you can — at the top you’re rewarded with the spectacular skyline of London’s Canary Wharf financial district.

You’ll also have a good view of your fellow climbers, some of them, ahem, Bond girls.

Despite my tux, they were reluctant to pose with me. But after I donned a Daniel Craig mask, they rushed in, and one bloke even let me shoot him with my fake gun. Skyfall cost millions. All I needed to become a star was a $5 sheet of thin cardboard.

And after this high climb, a stiff drink.

An Evening with Vesper

Ian Fleming coined the phrase “A Martini. Shaken, not stirred” at Duke’s Hotel (St. James’s Place, London), in the city’s Mayfair district. It boasts a sumptuous and refined bar where hedge fund managers and art gallerists — and occasionally a dashing 007 double — sip cocktails well into the night.

No sooner had I arrived at this quaint bar than the head barman Alessandro Palazzi, in his pristine white tuxedo, whisked me to my corner table. After glancing at my own attire, he kindly says to me: “You’ll want to have The Vesper.”

For novices among you, The Vesper — a powerful concoction of gin, vodka, bitters and Lillet blanche aperitif wine — is regarded as the “true” 007 Martini, as it is mentioned in Ian Fleming’s first Bond novel, Casino Royale. Alessandro makes it with three measures of No. 3 Gin (from London-based Berry Bros.), one measure of Potocki Polish vodka, one of Lillet Blanc and two dashes of Angostura bitters, topped off with a slice of orange peel. Alessandro’s preparation of the drink before my eyes was tantalizing — the taste, intoxicating. Dry, rough, smooth, potent, invigorating and $27.70 — it had as many qualifiers as it had ingredients.

And finally, the Bond girl

With Vesper flowing through my bloodstream, it was high time I got to work. The mission? Chat up more potential Bond girls. Armed with a feigned ego and innuendo-filled one-liners that would embarrass M, I headed for the aptly (and worryingly) named Dirty Martini (11/12 Russell St., Covent Garden, London).

At first I was blown off and berated, even slapped at by a woman who said, “I’m too dirty for you.” Burned, James, burned. Maybe some Bondian pick-up lines would work?

“Hi,” I said, smoulderingly, to the fair-skinned girl with delightful auburn hair. She asked if I was American, to which I replied, “No, I’m Irish.” (I really should have followed with, “Like Pierce Brosnan!”) Then I stood there mute, a case of stage fright. The woman left, forgetting all about me.

Us spies call this “pulling a Lazenby,” a.k.a. “dying another day.”

The big finale

Like any good Bond movie, this one has an explosive ending. Channelling my inner-Craig, I used one last pick-up line on two fine birds — “Explain this to me,” it goes, “How come two gorgeous ladies like yourselves walk in and nobody tells me about it?”

They laughed — the good kind, mind you — and soon, I was chatting up someone who looks curiously similar to Eva Green as Vesper Lynd in Casino Royale. She even sat in my lap.

Was she on a Be a Bond Girl mission herself? That’s for my eyes only.

Exclusively online

Anthony Johnston dresses as James Bond, climbs the O2 and drinks martinis. Watch the video at metronews.ca/scene

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Nick Offerman talks about cracking up on Parks and Recreation

Interview. Offerman opens up about working with his wife, how not to laugh at Amy Poehler and his new independent film

Nick Offerman shares a similar style to his character on Parks and Recreation, Ron Swanson, and talks about how he keeps it together on set. CARLO ALLEGRI/THE ASSOCIATED PRESS

If you like Ron Swanson on NBC's Parks and Recreation, then you'll like Nick Offerman, the actor who plays him. Swanson is the director of the parks department in the Indiana town of Pawnee, where Parks and Recreation is set.

Offerman has the same deadpan delivery as his character, and he's a guy's guy who loves carpentry. He has a woodshop in Los Angeles.

One way Offerman differs from his character; he's creative. Besides NBC's Parks and Recreation, the 42-year-old actor has a live musical-comedy review, American Ham, and a new independent film, Smashed, starring Aaron Paul and Mary Elizabeth Winstead. The film tells the story of a young alcoholic couple whose dynamic changes when one decides to become sober. Offerman's wife, Megan Mullally, has a supporting role in the movie.

Offerman offers up the goods for our interview.

So you share a love of meat with your Parks and Recreation character?
I grew up in a part of the country where my dad every morning would get up and make us bacon and eggs. That was the fuel of life, so long before I learned about cholesterol or my circulatory system in any way, I was already hooked on all pork and beef products.

Some couples don't like to work together. How is it for you and your wife, Megan Mullally?
I think the accepted rule of thumb is that you don't bring your marriage to the workplace, but we feel very lucky that for some reason I think it's important that we both are successful. If one of us wasn't succeeding, I think that would make a difference in the paradigm, but we both are getting to exercise our own weird muscles, and we're able to leave our egos out of it. We love working as a team and I love to see her succeed and I'm very aware of how that helps me in our household. I love to plug Megan because, you know, she deserves a lot of kudos, but also because it's all in the family. She's such a comedy hero to me.

Which of your cast mates on Parks and Recreation are so funny it's hard to do scenes with them?
It's so hard not to laugh at Amy. She's just so wickedly funny and I've had to develop this psychological trick where I pretend she's my sister. ... I try to get into this mind-set where she's being so funny and I think to myself, 'Oh, you're so funny. Everyone loves you so much.' And I pretend she's my sister. It allows her humour to not affect me for a moment. But even that she batters through (laughs).

THE ASSOCIATED PRESS

One more question

What makes you enjoy independent film?

- **Answer.** I grew up in a wonderful, large farm family in Illinois where we all pitch in to get the work done and pitch in to have a party or a meal and my whole life I've enjoyed collaborating with a group.

Comedy duo finds humour in the quandaries of race

Comedy Central. New show Key & Peele dances along the edge of good taste and over the line with a special brand of racial jokes

As a comedy team, Keegan-Michael Key and Jordan Peele are very funny.

As guys who both lay claim to bi-racial status (black fathers, white mothers), they share a state of informed in-betweenness that gives their comedy extra punch and extraordinary insight.

Race fuels much of Key & Peele, their sketch-and-stand-up half-hour series airing Wednesdays on Comedy Central. Straddling the great divide between White and Black, they deliver a special brand of laughs, along with the occasional epiphany.

"There's been a lot of racial comedy over the years," says Peele. "But being bi-racial, mixed individuals, we realized there's been nothing from our perspective."

Even so, their mission isn't social reform.

"We're not trying to lead anybody toward any specific conclusion," says Peele, "except that, ultimately, race is an absurd thing."

"It always boomerangs back to culture," Key adds.

They are happy to show how.

The comedy of Key and Peele is clever, keenly observed and fearless. But never mean.

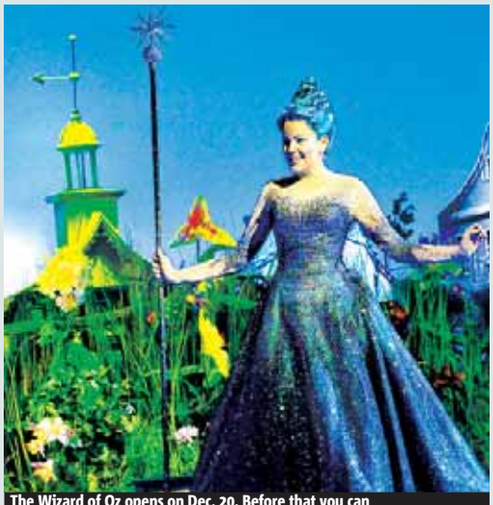
Consider their sketch set in the antebellum South. They play slaves who, placed on the auction block, grow increasingly indignant that no one is bidding on them, while all the other slaves are snapped up.

THE ASSOCIATED PRESS

Keegan-Michael Key, left, and Jordan Peele star in the sketch comedy series Key & Peele. IAN WHITE/THE ASSOCIATED PRESS

Sceneopolis

Enter the time warp



The Wizard of Oz opens on Dec. 20. Before that you can enjoy the Rocky Horror Show at the Randolph Theatre.
COURTESY OF KEITH PATTISON

Looking for something Halloween-esque to do that also benefits a worthwhile cause? Why not jump to the left and check out The Rocky Horror Show, with proceeds from the show being donated to POGO (Pediatric Oncology Group of Ontario).

The Rocky Horror Show, popularized both on-stage and on film as the Rocky Horror Picture Show, is an enduring cult favourite. The musical blends B-movie horror with science fiction and laid over rock music.

It tells the story of a newly engaged couple (Brad and Janet) who seek refuge from a rainstorm in a castle owned by a transvestite slash mad scientist.

No stranger to Toronto's stages, this rendition of The Rocky Horror Show is being produced by Fallen Rock Productions, a theatre company that donates proceeds from shows to worthy causes.

Over the past ten years, Fallen Rock has donated over $450,000 to various charities.

The Rocky Horror Show opens Oct. 25 and runs through Nov. 3 at the Randolph Theatre in Toronto (formerly the Bathurst Street Theatre).

And for all you lovers of classics — don't forget that tickets to the North American premiere of the stage version of The Wizard of Oz are on sale now at Mirvish.com. The Wizard of Oz premieres Dec. 20.

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Autopsy report. Tony Scott's August death confirmed as suicide

The coroner's office said previously that Tony Scott left notes behind in his car, including messages to friends and loved ones. GETTY IMAGES

An autopsy report on the death of Top Gun director Tony Scott lists his death as a suicide and says the cause was multiple blunt force injuries suffered from jumping off a bridge into Los Angeles Harbor.

The report, released Monday by the Los Angeles County coroner, says Scott also drowned and had in his system therapeutic levels of the anti-depressant Remeron and the sleep aid Lunesta.

No surprises appeared in the autopsy results on Scott, who leapt from a bridge on Aug. 19 and whose death was presumed a probable suicide from the outset.

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Blurring the line of fantasy and reality

New film. Silent Hill: Revelation 3D follows a long line of movies that explore the idea of living in alternate realities

IN FOCUS
Richard Crouse
scene@metronews.ca

Adelaide Clemens stars in Silent Hill: Revelation 3D. HANDOUT

In the song Bohemian Rhapsody, Freddy Mercury poses questions that must have passed through the minds of many movie characters. "Is this the real life? Is this just fantasy?"

Over the years in movies, like 12 Monkeys, filmmakers have used the idea of an alternate reality, a variation of a real place, but turned by 180 degrees, to tell their stories.

For example, in this weekend's Silent Hill: Revelation 3D a teenager, (Adelaide Clemens), stumbles into her town's dark side when she crosses over into an alternate reality — the ultimate bad side of the tracks. It's a hellish, but vaguely familiar place where she finally comes to understand the nightmares that have tormented her since childhood.

One of the most famous filmic alternate realities appears in It's a Wonderful Life, starring Jimmy Stewart as George Bailey, a man who is shown what would have happened to the town of Bedford Falls had he never been born. In that world, the idyllic small town turned into a tough, unfriendly place called Pottersville, where George's friend Violet is a stripper, his uncle is in an insane asylum and his wife is a spinster. "Strange, isn't it?," says his Guardian angel Clarence. "Each man's life touches so many other lives. When he isn't around, he leaves an awful hole, doesn't he?"

Bill Murray learns about self-redemption via alternate realities in two films. In Scrooged, he's a cutthroat television executive taken to the past, future and alternate present by three spirits who teach him about the spirit of Christmas. After his strange journey, he says, "I was a schmuck, and now I'm not a schmuck!" Redemption.

Groundhog Day has Murray as a grumpy weatherman sent to the small town of Punxsutawney, Pennsylvania to report on whether or not the weather predicting groundhog Punxsutawney Phil sees his shadow. He hates the gig until the day he wakes up and realizes he is doomed to live the same day over and over again. His trip to the alternate reality teaches him to make the most of everyday.

Finally, the alternate reality in Being John Malkovich was a more confined place. Craig, played by John Cusack, finds a portal that leads into John Malkovich's brain, where, he says, "You see the world through John Malkovich's eyes. Then, after about 15 minutes, you're spit out into a ditch on the side of the New Jersey Turnpike!"

Quoted

"One of the most famous filmic alternate realities appears in It's a Wonderful Life, starring Jimmy Stewart as George Bailey."

New book. The devil is sadly missing from the details in a classic horror movie

LIZ BROWN
liz.brown@metronews.ca

When The Devils was unleashed on the world in 1971, the film's mix of sex, religion and violence disturbed many people, including a boy in Nova Scotia who would eventually become a Toronto film critic.

"I was too young to see it. I remember that it unsettled me to such an extent that I thought that on the list of movies I'll never watch again, this is probably one of them," says Richard Crouse of his early experience with the still-controversial movie by English film director Ken Russell.

"Years later, I became a Ken Russell fan. I went back and revisited it and realized that I was just too young the first time I saw it and that it is a masterpiece," says Crouse.

In 2010 Crouse hosted a Q&A session with Russell, who was making a special appearance at the Bloor Cinema for a screening of The Devils. As the 83-year-old slowly made his way to the stage, 950 moviegoers jumped to their feet cheering

"At that moment, I thought, there's enough interest here and enough of a story that I think this will make a great book," says Crouse.

And so it has. Earlier this month, Crouse released his book Raising Hell: Ken Russell and the Unmaking of The Devils, which details the creation of the film and the controversy that surrounded it.

The Devils is based on a true tale of demonic possession in 17th-century France.

Russell went about weaving a script that included plenty of nudity, graphic torture scenes, and masturbation with religious icons. Warner Brothers backed the project.

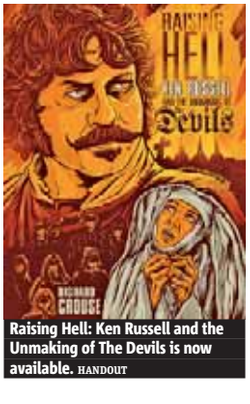
"The Devils was a mainstream movie when it came out. It wasn't some weird thing that would be shown at midnight in one theatre in Greenwich Village," says Crouse.

Before it reached the public, though, Russell's imagining was hacked by censors. Why this film has been relegated to a footnote in pop culture consciousness was a question Crouse set out to answer.

"Why is it that not even two years after The Devils came out The Exorcist — with a young girl masturbating with a cross — it's accepted and re-released and celebrated?"

"In the Exorcist, good ultimately triumphs and that left people with this good feeling at the end of it. So that's why that movie gets by with virtually no cuts."

In contrast, The Devils leaves viewers with a feeling of despondency. "I think it was a reflection of the troubled, unsettled times and maybe people straying a little bit from the church."



Raising Hell: Ken Russell and the Unmaking of The Devils is now available. HANDOUT

Rob Cohen shared some of his secrets to success in the movie business with Metro. SIDNEY BALDWIN

How to last in Hollywood

Interview. Rob Cohen has become one of the biggest movie directors and he shares the pitfalls and perils of the business

NED EHRBAR
Metro World News

Rob Cohen's latest film, the Tyler-Perry-starring franchise reboot Alex Cross, may have disappointed at the box office in its opening weekend — pulling in $11.75 million in the U.S. — but don't count the prolific filmmaker out. Cohen's career has had many chapters, starting on the studio side in development before becoming a producer — for films like Mahogany and the Wiz — and then a TV and eventually film director, launching the XXX and the Fast and the Furious franchises. And he's still got a few tricks left up his sleeve. Here are a few lessons Cohen has learned along the way.

The secret to a long career: staying young at heart.
"The secret is to always listen to the 25-year-old inside yourself, to not stop," says the 63-year-old Cohen. "I think so many people get what I'll call hardening of the categories. Like (vice-presidential candidate) Paul Ryan with Led Zeppelin. In other words, all the 30 or 40 more years of music don't exist. Well, culture is a living, breathing, constantly evolving organism and you can choose to keep up with that organism or you can choose to just root somewhere within it that's familiar. And I think it's really important, if you're going to stay in a business like the movie business, that you keep moving with the edge of it. And that's just relying on the person inside you that you were when the world was new."

Know your place in the marketplace.
"I could see that the tent-pole business was going to go to a handful of guys — (Christopher) Nolan, Zack Snyder. There are three to five of those guys that were going to get called for everything, and there's the Marvel answer, which is no money, no gross, no nothing. Do the movie, be told what to do, be told who's going to be in it, be told what the costumes are going to look like, and then you go say action and cut. That wasn't my desire, either. I came out of episodic television. I know how to shoot a Miami Vice in seven days."

Quote

"To have a long career — and I've had a four-decade-plus career now — you have to reinvent yourself every 10 years, pretty much."

Rob Cohen
Talking about what it takes to make it in the movie business long term.

Don't give up on things — especially another XXX movie with Vin Diesel.
"We almost had it done at Sony, we almost had it done at Paramount, and we fell apart there," Cohen admits about the long-planned franchise relaunch. "I think now they wish they had that movie, with their release schedule. But it will rise up again. I'm just waiting for Vin to get his head out of Fast and Furious six, seven, eight, nine and 10."

Keep track of the decades.
"To have a long career — and I've had a four-decade-plus career now — you have to reinvent yourself every 10 years, pretty much. I spent the first 10 years or so of my career as a studio executive producer, then I made myself a director and I spent the next 10 years doing some features but mostly television," Cohen says. "When I wrote and directed Dragon: the Bruce Lee Story in '92, that started a committed directing career because I finally had a financial and critical hit to stand on. But then by 2001, I had to turn another card trick, and that was the Fast and the Furious — to go younger. After The Mummy made $405 million, I didn't go to do another tent-pole. I thought, I'll be fighting and I'll be doing the ones with the numbers after it — two, three, four. I don't want to be there. That's almost, to a certain point, that's like being a traffic cop. And I wanted to do something that was still filmmaker-y, and that was the indie world. So that's where I'm at."

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Melanie Griffith

Don't let Twitter comments get you down

Melanie Griffith may be regretting her decision to join the Twitter world, as some of her fan interactions have been less than pleasant. "Most people are telling me I look horrible," she tells Us Weekly. "The tweets I get are really nasty." But the actress doesn't let the harsh barbs get her down. Instead, she keeps focused on staying in shape — and staying humble. "I don't know if I look that great," she admits. "[But] I work out a lot. I have a trainer that I [work with] four times a week, and I do hot yoga."

Heidi Klum

Klum planning lavish Christmas with kids

Heidi Klum is planning to stick around Los Angeles and treat her kids to a lavish Christmas celebration for their first holiday season since Klum split with husband Seal, according to People magazine. "We're going to stay here possibly," Klum says. "We're going to get a big Christmas tree and we might go to Disneyland. We go all over the place." Whether Seal will be a part of those celebrations is yet to be seen.

Twitter

@ABFalecbaldwin
Please be safe in Hawaii, @IrelandBBaldwin . Avoid the sharks. The ones wearing flip flops, Ray Bans and carrying a Budweiser.

@TheEllenShow
I'm so happy for Adele and her new baby boy, who just heard the best version of "Twinkle Twinkle Little Star" ever.

@JessicaSimpson
Long day at work. Too lazy to wash my face off before bed! Nighty Night

@SteveMartinToGo
I'm thinking of becoming a motivational speaker. But I'm not sure. Should I? Maybe yes, maybe no. Undecided. Kinda thinking about it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Timberlake provides own entertainment at wedding

A benefit of marrying someone like Justin Timberlake? Some high-quality serenading at the reception.

That's exactly what new bride Jessica Biel got during the couple's wedding celebration in Italy last week, when Timberlake reportedly grabbed the microphone to unveil some new material, according to Us Weekly.

"Justin performed one song at the wedding," a source says. "It's a new one that he hasn't released yet. He dedicated it to Jessica."

Guests were also treated to some other Timberlake hits from the DJ, Roots drummer ?uestlove, who "played a bunch of Justin Timberlake songs, but no *NSYNC," the source says.

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Lohan refutes dad's allegations of alcohol abuse

Lindsay Lohan apparently isn't too worried about dad Michael Lohan's hopes to put the troubled actress under a conservatorship, according to Hollyscoop.

"No judge would buy it," Lohan reportedly told friends. "[The judge] would have a hard time believing the claims of someone who was investigated for insider trading, arrested for domestic violence multiple times, arrested for assault, has a drunk driving arrest and has been in and out of jail and prison for years." Lohan also insists that emails her dad provided to TMZ showing that her management team agrees that she's fallen off the wagon are all fabricated.

Michael, meanwhile, claims that his daughter is drinking up to a "bottle and a half" of vodka per day and using cocaine again.

Lindsay Lohan

Fergie

Meth and paranoia — Fergie talks about sobering up

A paranoia-filled visit to church one day was what it took for Fergie to clean up and quit using drugs, she tells Oprah Winfrey in an interview.

"I started getting really paranoid, so I went one day into this church and I thought that the FBI and the SWAT teams were outside the church," says the singer, who says she started taking drugs — including crystal meth — in her teens.

"I said, 'All right, if I go out and the FBI and the SWAT team's not out there, then it's the drugs and I'm stopping."

There were in fact no law enforcement officials waiting for her, and she kept her promise to herself and sobered up.

Fergie didn't, however, specify exactly when all of this happened.

What up, Playa?

Not far from Cancun (and with a little more class), it's Playa del Carmen

CASSANDRA GARRISON
Metro World News

One of the fastest developing vacation spots in Mexico, Playa del Carmen is the perfect destination for everything from family getaways to bachelor parties. Many American entrepreneurs have found Playa to be an ideal location for starting a business, making it a smart choice for those who aren't fluent in Spanish or don't want to sacrifice the comforts of home. With direct flights into nearby Cancun and temperatures remaining in the 20s, Playa del Carmen offers an easy, affordable escape from the increasingly chilly air.

Who needs Cancun when you've got Play del Carmen? THINKSTOCK

Stay

There are countless all-inclusive resorts nestled along the beaches leading into the city, but for a more unique experience, opt for a downtown location for your home base like the Acanto Boutique Hotel (16 Norte bis, 1-888-331-2177). Sitting along a shaded cobblestone street, this hotel offers travellers spacious suites that lend themselves to longer stays. The private rooftop decks, equipped with barbecues and hot tubs, afford stunning beach views and breathtaking night skies. Acanto is close to Quinto Avenida (or Fifth Avenue, as it's known to tourists) and steps to Playa's many beach clubs, where you can lounge along the shore.

Play

The sprawling lounge chairs and couches at Zenzi Beach Club (on the beach at 10 Street, 984-803-5738) make it hard to resist a pina colada, day or night. People-watch while you sit back and sip your way to relaxation.

If you're a cigar enthusiast, visit the quaint Cigar Factory on the corner of Fifth Avenue and 16 Street, where elderly cigar rollers will be hard at work at a table in the window.

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There's more to Casablanca than Humphrey Bogart

Often overlooked city. Morocco's art deco destination offers markets, beaches and some amazing architecture

Despite its romantic Hollywood associations, the sprawling ocean-side city of Casablanca is often overlooked by tourists heading for the beach or Morocco's more exotic cities like Marrakech. But this bustling city of four million, Morocco's commercial capital, is a vibrant mix of old and new with gorgeous art-deco architecture, traditional souqs (markets), one of the world's largest mosques and some picturesque beaches of its own.

The downtown

A small port city until the French chose it as the capital of its "protectorate" over Morocco in 1912, Casablanca blossomed under the attention of some of France's foremost architects who now had room to create outside the crowded cities of Europe. The nouvelle ville, as the downtown was known, was done in an art deco meets Middle Eastern style that is still stunning to behold, if you can look up long enough while dodging crowded sidewalks and zooming cars.

Luckily, the centre of it all, the elegant Mohammed V Boulevard, has been made a pedestrian street while a new tram system is installed. So until the sleek, French-built trams start running by the end of the year, you can stroll down the middle of the street, admiring the handsome buildings from the 1920s and 1930s.

The 'new' old city

Like most Moroccan cities, Casablanca has a "medina" or walled old city of winding alleys, except here it's smaller than most and quite run down, with most shops devoted to day-to-day items that are of little interest to the visitor. The French decided in the 1920s they would build a nicer medina and created the Habous neighbourhood just a 15-minute drive away, featuring elegant arches and white-washed buildings.

Habous is much cleaner and quieter than the downtown and is filled with handicrafts shops selling the traditional ceramics, leather slippers, embroidered caftans and metal lamps that tourists flood to Morocco to buy. Since most of the customers are locals as well, the quality tends to be higher than the tourist bazaars of Marrakech. There is also little of the hard sell that can blight a trip to the market in some of the other cities.

The mosque

In the medieval world, kings left their mark by building massive monuments in their name. A modern king, Hassan II of Morocco, who ruled the country for almost four decades until 1999, did the same. Amid the crashing waves of the Atlantic, he built a mosque so enormous it looms over the whole city, with a retractable roof and a laser on the minaret. Faced with pale stone and ornamented with colourful inlaid geometric patterns and traditional tiles, it can hold 25,000 worshippers inside. The vast esplanade around the mosque is often filled with families enjoying the open space and the quiet, and there's a great view of the sea. The mosque was built through mandatory contributions from all citizens. Unlike most mosques in Morocco, non-Muslims are allowed inside, but only on guided tours in the mornings and afternoons that run $15 a person.

The beach

Once on the city's coast, keep heading south toward the Ain Diab area, where the nicest beaches can be found. First there are the hotels and nightclubs of the wealthy Anfa district, but eventually they peter out and what's left is the corniche, a kind of boardwalk, with some great beaches pounded by Atlantic waves. Along the road there are popcorn and drink vendors, while on the beach itself young men offer pony or horse rides.

THE ASSOCIATED PRESS

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The old medina. THE ASSOCIATED PRESS

Casablanca is a bustling city of four million. THE ASSOCIATED PRESS

The mall

Just beyond the saint's shrine looms the shiny bulbous mass of Morocco's first luxury mall. In the 10-minute walk from the shrine to the glass doors of the Imax cinema, you can move from the extremes of Morocco's social classes. Inside it's all Ralph Lauren and Christian Dior with an enormous fish tank featuring small sharks. In the fenced-off outside area, the musical fountain performs every hour. Most Moroccans can't afford the luxury items on sale, but the place is always packed. People window shop across the three floors and gawk at how Morocco's one per cent aspires to live.

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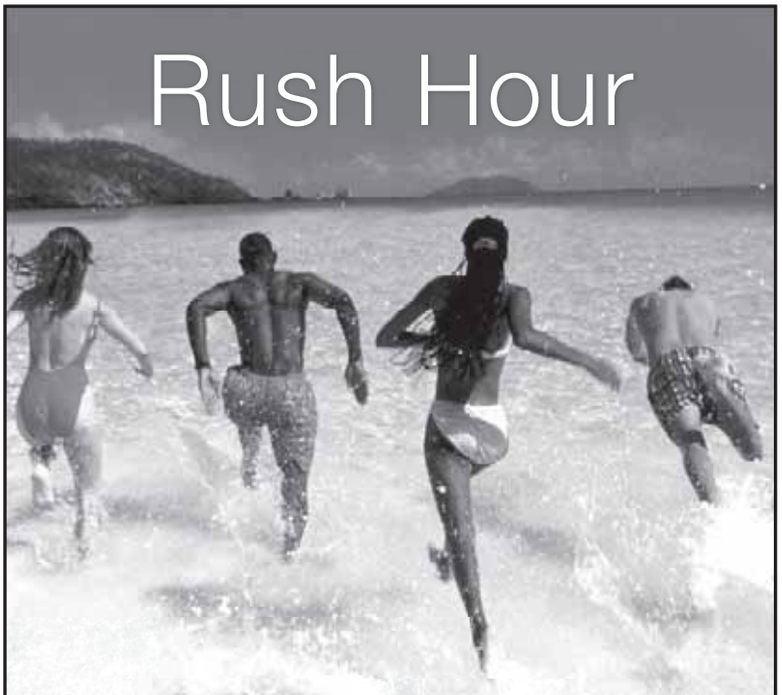

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Little Crete village still cashing in on its rep as a destination for hippies

Matala. Explore the caves where Joni Mitchell stayed, or just enjoy the beach and laid-back vibe of this little fishing spot

In one of Matala's ancient caves Joni Mitchell had a bad night's sleep.

But which one?

The Canadian folksinging icon joined a wave of hippies from around the globe that washed ashore at this village on Crete's south coast in the late-1960s. A key attraction: the sandstone caves at the north end of the beach that provided free accommodation.

In published photos of the time, the hippies look as if they've occupied some bizarre prehistoric hotel as they lounge outside their cliffside dwellings.

These days swimsuit-clad tourists clamber up ledges on the cliff to explore the caves all day long. Access is free.

"The fact that Joni Mitchell was here, and all the hippies, I think it makes Matala an attraction for the tourists," says Luigi Sirianni, 32, one of several vendors who set up tables of handmade jewelry every day on the beach.

More than four decades after the hippy invasion, this Greek village continues to cash in on the 1960s legacy that has become its brand. Swirly, psychedelic-style images are painted on roads and laneways. Gift shops do a brisk trade in flower-power stickers, and T-shirts with peace symbols.

Mitchell immortalized her stay here in her 1971 hit song Carey: she said her fingernails were filthy, she had beach tar on her feet and she missed her clean white linen and "fancy French cologne."

"The wind is in from Africa, last night I couldn't sleep," the song begins. Well, no wonder. Try sleeping on hard rock in a dusty tomb.

THE CANADIAN PRESS

Hippies made these caves famous. PHOTOS: MICHAEL FUHRMANN/THE CANADIAN PRESS

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Chorizo sausage steals spotlight in roasted chicken with root vegetables

Sometimes it's best not to overthink things — as in this basic roasted chicken, a take on a simple French classic.

Everything is just tossed into a pot, put in the oven and ignored until done. The recipe calls for a cast-iron Dutch oven. These really are indispensable for making all manner of roasts and stews.

And they are as happy on the burner as in the oven (where, when covered, their heavy lids seal in moisture).

The most unique aspect of this recipe is the use of chorizo.

At its most basic, chorizo is a sausage made from chopped or ground pork and a ton of seasonings, often including garlic.

The flavours are deeply smoky and savoury, with varying degrees of heat.

Most are assertive and peppery, but not truly spicy.

Ingredients

- 1 tsp garlic powder
- 1 tsp kosher salt
- 3- to 4-lb whole chicken
- 1 tbsp olive oil
- 1 lb cooking chorizo, casing removed and discarded, meat finely chopped
- 4 sprigs fresh thyme
- 3 sprig fresh rosemary
- 1 medium yellow onion, quartered
- 12-oz bag baby carrots
- 1 lb new potatoes
- 1 lemon, quartered
- 6 cloves garlic, peeled but left whole
- Ground black pepper, to taste

1. Heat the oven to 350 F.

2. Combine the salt and garlic powder, then rub the mixture over and under the skin of the chicken. Set aside.

3. In a 5 1/2-quart (or larger) Dutch oven over medium-high, heat the oil. Add the chicken and sear for 5 minutes per side. Transfer the chicken to a plate.

4. Add the chorizo to the pan, then sauté for 4 minutes. Add the thyme and rosemary. Heat for 30 seconds.

5. Return the chicken to the pan, breast up. Arrange the onion, carrots, potatoes, lemon and garlic around the chicken, then place the lid on the pot. Transfer to the oven and roast for 45 minutes, or until the breast reads 160 F on an instant thermometer. Transfer the chicken to a platter and tent with foil.

6. Use a slotted spoon to transfer the vegetables and chorizo to a serving bowl. Cover to keep warm. Discard the lemon quarters and any herb stems.

7. Place the pot over medium heat and bring to a boil. Cook until reduced and thickened, about 3 to 4 minutes. Adjust seasoning with salt and pepper. Serve the sauce drizzled over the chicken. THE ASSOCIATED PRESS

Roasted chicken with chorizo and root veggies

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Drink of the Week

Pinnacle Pumpkin Cider

It doesn't get more autumn than pumpkin pie and cider, and this drink combines the best of both worlds. It also adds a splash of lemon for a tart taste.

- 2 parts Pinnacle Pumpkin Pie vodka
- 1 part apple cider
- A splash of fresh lemon sour soda

Shake the vodka, apple cider and lemon sour with ice.

Strain into a caramel-swirled glass and garnish with an apple slice.

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AVOIDING THE SNIFFLES

Seasonal flu activity can begin as early as October and continue until as late as May. And while the 2011-12 season began late and was relatively mild, at this point it's impossible to predict the severity of the various strains of flu over the next several months.

It's necessary to be exposed to viruses from the time we are children in order to build antibodies as we get older to help us fight infections. But that doesn't mean we want to get sick any more than we need to.

"You can't go through life without ever getting sick," says Dr. Michael Gardam, the director of infection prevention and control at Toronto's University Health Network. "But there are things you can do to minimize how often you get sick."

Here are seven ways to keep cold and flu germs at bay:

1 WASH YOUR HANDS. Studies have shown that people who wash their hands five times a day lower their risk of developing respiratory viral infections. You can use soap and water or a hand sanitizer containing alcohol. "Sanitizer actually works better and faster and is less harsh on your hands than washing," Gardam says.

2 DON'T TOUCH YOUR NOSE, EYES AND MOUTH. Without clean hands, that is. That's because those are the most common places for germs to enter our bodies.

3 SNEEZE OR COUGH INTO YOUR SLEEVE. You might feel silly doing so in public, but if you have a virus but don't have symptoms yet and you cough or sneeze into your hands, you are more likely to spread the germs.

ISTOCKPHOTO/THINKSTOCK

4 CLEAN SHARED STUFF. If you share office equipment such as a computer keyboard or phone with co-workers, or the TV remote control at home with your family, you should disinfect them with alcohol-based sanitizing wipes between uses if you suspect someone is getting sick.

5 TRY TO KEEP IN GOOD GENERAL HEALTH. "You're more likely to get sick if you're run down," Gardam says. During flu season especially, aim to get enough sleep and eat properly to help your immune system function properly.

6 STAY AWAY FROM SICK PEOPLE. The closer you are to people who have a cold or the flu, the better the chances you will catch what they have.

7 GET A FLU SHOT. While it won't stop you from catching a cold, you will be 70 to 90 per cent less likely of getting the flu if you get vaccinated. "You have to get the flu shot every year because the strains change constantly," Gardam says.

ISTOCKPHOTO/THINKSTOCK

TIME TO FOCUS ON PREVENTION

Winter in Canada is invigorating indeed, but it is also a challenging change of pace. This is the time to trade in the baseball hats for tuques, say goodbye to our summer tan in exchange for a warm parka, and for some of us, it's also time to battle that annual cold or flu.

While it might feel inevitable to cash in a sick day or skip a holiday party, there are lots of ways to give seasonal illnesses like the common cold a run for their money.

According to a recent poll, 65 per cent of Canadians are most likely to experience symptoms of a cold or flu in the winter months, making this the time to focus on prevention. Taking the necessary precautions now is the easiest way to keep control and enjoy every activity with family and friends, without having to reach for tissues and cough drops. Take a look at a few helpful dos and don'ts:

- Do wash your hands often and keep hand sanitizer nearby when a sink is not available.
- Don't overdo it — resist the urge to attend every social function and late night out.
- Do keep your living environment clean. This includes your physical space and the air quality in your home. For the best health protection during cold and flu season, consider air filtration systems.
- Don't over indulge — during the holiday season it is easy to let your health routines slide. Keep in mind that just because you are celebrating doesn't mean all your routines should fall to the wayside.
- Do take your well-deserved "me" time — a hot bath or relaxing massage can really help to keep your body (and immune system) in tip-top shape.

– News Canada

COLD OR FLU? SHOULD YOU STAY AT HOME?

It's a million-dollar question: Are you so flu-ridden you can't make it into work? Or should you stay home because you can't keep that cough under control?

As we embark on sickness season, here's what you need to know about handling colds and flus.

ISTOCKPHOTO/THINKSTOCK

WHAT'S A COLD AND WHAT'S A FLU?

While the symptoms of cold and flu often cross over, if a fever is involved, you probably have the flu. "With flu you'll also have significantly more tiredness, the cough is going to be more intense, and the fever and body aches are the distinguishing symptoms," says Victor Wong, a Toronto pharmacist with Shopper's Drug Mart, noting that fever in adults is a temperature of 39 C or higher. With a cold, symptoms are more likely to be along the lines of a cough, sore throat, runny or stuffy nose and some fatigue.

SHOULD YOU STAY HOME?

It depends — not only are you considering your own wellness and how productive you will actually be at work, but also the transmission factor … how contagious are you?

"The more acute those symptoms are, the more severe they are and that would mean you'd spread it quicker. A person is generally thought to be infectious as long as they have acute symptoms but that could last as long as a week," says Philip Emberley, director of pharmacy innovation for the Ottawa-based Canadian Pharmacists Association.

TREAT THAT COLD!

So if you do have to go into work, how do you pick from pharmacy shelves thick with cold and flu medication options? Start by determining what your worst symptom is — is it your runny nose? Your bad cough? Pick a medication that primarily treats that symptom, rather than a treat-every-single-symptom-under-the-sun type of medication.

"There are some medications that only help with sinuses and coughs and leave out the painkiller, and some that have a painkiller included as well," says Wong. "It's important to choose the ones targeted at the symptoms the individual has because each of these ingredients does carry their own potential side-effects and risks."

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LETS BEAT THE FLU

PROTECT YOURSELF. PROTECT YOUR FAMILY.

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Fri. Oct. 26		**Atrium on Bay** 595 Bay Street 11:00 a.m. – 5:00 p.m.	**Scarborough Town Centre** 300 Borough Dr. 2:00 p.m. – 8:00 p.m.	**Sherway Gardens** 25 The West Mall 2:00 p.m. – 8:00 p.m.
Sat. Oct. 27		**East York Civic Centre** 850 Coxwell Avenue 11:00 a.m. - 5:00 p.m.	**Scarborough Town Centre** 300 Borough Dr. 11:00 a.m. – 5:00 p.m.	**Etobicoke Civic Centre** 399 The West Mall 11:00 a.m. – 5:00 p.m.
Fri. Nov. 2	**Centerpoint Mall** 6600 Yonge Street 2:00 p.m. – 8:00 p.m.	**East York Civic Centre** 850 Coxwell Avenue 2:00 p.m. – 8:00 p.m.	**Scarborough Civic Centre** 150 Borough Drive 2:00 p.m. – 8:00 p.m.	
Sat. Nov. 3	**Centerpoint Mall** 6600 Yonge Street 11:00 a.m. – 5:00 p.m. **North York Civic Centre** 5100 Yonge Street 11:00 a.m. – 5:00 p.m.		**Scarborough Civic Centre** 150 Borough Drive 11:00 a.m. – 5:00 p.m.	
Fri. Nov. 9				**Cloverdale Mall** 250 The East Mall 2:00 p.m. – 8:00 p.m.
Sat. Nov. 10	**North York Civic Centre** 5100 Yonge Street 11:00 a.m. – 5:00 p.m.		**Scarborough Civic Centre** 150 Borough Drive 11:00 a.m. – 5:00 p.m.	**Cloverdale Mall** 250 The East Mall 11:00 a.m. – 5:00 p.m.
Thurs. Nov. 15		**Toronto City Hall** 100 Queen Street West 11:00 a.m. – 3:00 p.m. **Metro Hall** 55 John Street 12:00 p.m. – 6:00 p.m.		
Fri. Nov. 16	**Lawrence Square** 700 Lawrence Avenue West 2:00 p.m. – 8:00 p.m.	**Metro Hall** 55 John Street 11:00 a.m. – 3:00 p.m.		
Sat. Nov. 17	**Lawrence Square** 700 Lawrence Avenue West 11:00 a.m. – 5:00 p.m.	**East York Civic Centre** 850 Coxwell Avenue 11:00 a.m. – 5:00 p.m.	**Scarborough Civic Centre** 150 Borough Drive 11:00 a.m. – 5:00 p.m.	
Fri. Nov. 23	**North York Civic Centre** 5100 Yonge Street 2:00 p.m. – 8:00 p.m.		**Scarborough Civic Centre** 150 Borough Drive 2:00 p.m. – 8:00 p.m.	
Sat. Nov. 24	**Parkway Mall** 85 Ellesmere Road 11:00 a.m. – 5:00 p.m. **North York Civic Centre** 5100 Yonge Street 11:00 a.m. – 5:00 p.m.			**Etobicoke Civic Centre** 399 The West Mall 11:00 a.m. – 5:00 p.m.
Fri. Nov. 30		**East York Civic Centre** 850 Coxwell Avenue 2:00 p.m. – 8:00 p.m.	**Scarborough Civic Centre** 150 Borough Drive 2:00 p.m. – 8:00 p.m.	

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It feels good to be grad student

Education preparation.
The go-to guide for those gearing up for grad school

CLARE TATTERSALL
TalentEgg.ca

DO: Visit the school you are applying to and connect with faculty and prospective supervisors.
Having that face time with a member of the selection committee or a prospective supervisor can go a long way in helping you to get into a program. Many programs will not admit a student unless they already have a faculty member who is willing to supervise his or her research.

If you take the time to learn who is out there and connect with him or her about your area of research interest and he or she seems interested in your ideas and approach, then you are halfway, at least, to getting in.

Do: Take time before you start the application process to reflect on what you would like to research while in grad school.

The most successful applicants are those who have a clear research interest — one that is innovative or takes a new approach to an old question. You need to know how you want to conduct your research, what resources you intend to use, what the burning question is that you want to address and why it is important. I know it is difficult at this point in time to know the answers to all of this, but the closer you can get, the better.

Take time to chat with your current professors and to get their insights on your research. This is also the sort of thing that you can connect with prospective supervisors on.

They can direct you to other resources that may be of use to you.

Don't: Apply to a whole bunch of programs hoping that one has got to work out.

Do apply early: Programs get flooded with late applicants who are making sudden life changes or who have just received a rejection letter from law school, med school, dentistry school, etc. ISTOCK

You need to learn the key details of a program, including faculty research interests and specific courses offered, before you apply. It's better to take the time and identify the programs that are best suited to you, tailor your application to that program and make connections with people there.

Take the time to do your research and know who the school's faculty members are and what they are known for, and play to those strengths in your application.

Don't: Hand in an application that is unclear, disorganized, or contains spelling or grammatical mistakes.

This will give the impression that you are not clear about your purpose or do not take the application seriously.

Don't: Overdo the flattery.

A number of admissions committee chairs have cited distaste for applications that include insincere flattery, such as praising the program in an obsequious manner. Other chairs added inappropriate name-dropping or blaming others for a poor academic record as potential kisses of death.

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.

Sentences that stand out

Write a statement of purpose that is personal and well thought out...

- ...not cliché or filled with broad sweeping statements and random flattery of the program to which you are applying. Know what your purpose is? Explain who you are, what you want and why you want it from where you are applying.
- Follow the department's directions to a tee. Re-write, give drafts to your family, friends, etc. Make it punchy, personal and free of typos.

Chart and progress. How to pick between a pile of potential programs

Applying to graduate programs can be time consuming and expensive, so it might not be feasible to apply to every program that interests you.

Yet, with so many options for graduate study, it can be difficult to narrow down your options.

The following are some strategies for your hunt for the perfect graduate program:

Getting organized

If you are comparing several programs, summarize the key information about each program and keep it in a central location.

In a chart on my computer, I record the following information about each program:

- University and program
- Location (which can have implications for funding options whether you stay home or go abroad)
- Type of program (e.g., coursework, major research paper, thesis)
- Duration of the program
- Application deadline
- Costs (including tuition, living expenses and other fees)
- Admission requirements (e.g., minimum GPA, undergraduate courses, etc.)
- Required application materials (including the number of reference letters, writing samples, research statement, CV, completion of standardized tests, etc.)
- Additional notes (e.g., faculty supervisors in the department, co-op options, etc.)

Rank the programs

With all of this information in one place, I can more easily rank the programs. For example, I can look under the 'admission requirements' column of my chart and eliminate programs that require extensive professional experience in the field.

I add these to the chart, though, so that I can keep them in mind for the future.

The chart also allows me to compare the costs of the programs more easily.

Reorganize the chart by deadline

Once you narrow down your options (based on the criteria that are most important to you), you can reorganize the chart by deadline so that you can start by working on applications that are due first.

When asking for references, you can refer to the 'application materials' column to see how many references you need and from whom.

It is also worth checking the programs' websites again to make sure that deadlines or other important information has not changed.

Over a year ago, I bookmarked the website of a program to which I wanted to apply but, when I revisited the site a few months ago, I discovered that the program no longer exists!

A similar chart can help you organize your funding options.

You might include some similar columns (such as deadline) and some other information, such as eligibility requirements and the value of the award/scholarship/grant.

ELIZABETH BAISLEY IS A MASTER OF ARTS STUDENT AT QUEEN'S UNIVERSITY WHOSE RESEARCH FOCUSES ON THE RIGHTS OF MARGINALIZED POPULATIONS, PARTICULARLY THE RIGHTS OF WOMEN, CHILDREN AND SEXUAL MINORITIES.

The place for your pursuit?

Education or the elements? The program sounds great, but what about its whereabouts?

DANIELLE LORENZ
TalentEgg.ca

You've been doing your research to apply to grad schools — looking at the school, the program, the faculty, its facilities and services, its reputation and its academic requirements.

However, one thing you must also do your research on is the location of your program.

Many students tend not to consider how much living in a certain city will cost, and that should be almost as important as the school itself, since those costs are very much linked together. Since you will be spending anywhere between 12 and 24 months as a full-time student at these schools, you need to consider the city the school is located in as well.

Consider whether your new place to study will have you concentrating more on cash flow than your credits. ISTOCK

Climate

Let's say you abhor all things snowy and cold. Even though the University of Alberta and the University of Manitoba have programs that suit your research interests, how well are you going to be able to cope with temperatures that can be as low as (and sometimes even colder than) -40C?

Similarly, if you detest rain, the University of British Columbia or McMaster University won't be good choices for you.

Cost of living

Although the climate and temperature can have a lot to do with how you will enjoy the city, you need to also examine the cost of living.

Because some locales are more isolated or have shorter growing seasons, groceries can be much more expensive in some areas over others. However, in smaller towns, there is often less variety and it can be more difficult for you to purchase specialty foods.

In other cities, the climate is great, or it is close to major financial or cultural centres, so the cost of living there is much greater than other places within Canada

Moving costs

One of the last things you should consider is how much it will cost you to move to this new city. If you are moving cross-country, the cost of renting a vehicle to bring all of your stuff can be upwards of $10,000 or more. This can include the rental of a truck/trailer, insurance, a fee per kilometre you drive, the cost of gas, the fees issued by the rental company to drive their vehicle back, as well as buying food and renting a hotel room.

If you opt to bring only the essentials with you, furnishing an apartment can be expensive as well. If you only plan to live in that city for the length of your program, perhaps it's more worthwhile to live in residence for some of the time.

However, Zac Spicer, a PhD student in political science at Western University in London, Ont., makes a great point when it comes to accessing what the location of your prospective school may be: "Location should be the last consideration of anyone applying to grad school, but it does obviously play a role in deciding where to go. … I would caution anyone from letting this factor be the deciding one. Look at what the school offers, then consider the location."

DANIELLE LORENZ IS A PHD STUDENT IN THE EDUCATIONAL POLICY STUDIES PROGRAM AT THE UNIVERSITY OF ALBERTA, WITH A FOCUS IN THEORETICAL, CULTURAL AND INTERNATIONAL STUDIES IN EDUCATION.

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Student Voice

No business in show business?

Ashley Proulx
Graduate
Theatre Arts
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TalentEgg.ca

Ashley Proulx PROVIDED

When I was in school, I was getting a lot of volunteer work as assistant stage manager and other production positions in theatre. That is kind of my dream job — to work anywhere in theatre. It was great, however, as a volunteer, I wasn't making any money from.

To pay the bills I worked in retail. That was fine, but I seem to have really bad luck because everywhere I've worked for so far either closed shop or went bankrupt. It's very hard to maintain contacts to these businesses because when it comes time to ask for references, they can't be reached. So I have to use my theatre references, but of course that probably seems odd to someone in retail or any other job because to them, it seems like I didn't get along with my peers in non-related theatre work.

I even worked with my family's company that had been in business for 40 years until that too went under. So I had to go find another job. And have I mentioned that I have the worst luck with jobs? People I work for in theatre say they love to have me around on a project because I am a trooper. Easy to say, maybe, because they don't pay me, but I know they wouldn't say it if it wasn't true.

I have been applying to so many full-time positions without much luck. I've been on second and even third interviews, and nothing. So with years and years of getting nothing, it's starting to take a toll on my self-esteem. All I want is a job to pay my bills so I can do something I love to do, or maybe even go back to school to further my career, but without knowing how I am going to make money, my future seems dim.

I used to be a very happy go-lucky person. I still act like it in my job, but now I just want to get out of this situation so I can be my real happy self again.

My recommendations for employers, career centres or schools

Just because someone's goals are not the goals of your company doesn't mean they wont make great employees. I worked for two years at our family's photography printing business. Never cared for photography, but I loved the people I worked for and the clients who came in because those employees were rooting for me to get my dream job. That made me work harder for my family's company.

My advice for students and recent grads

Don't get a theatre arts degree. If you do, at least go back to school again to do art administration or technical design as a backup.

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Farrell says he asked Jays about Boston job last year

MLB. Former Toronto manager insists he was always committed to job here

New Boston manager John Farrell said that he was always "candid and honest" with the Toronto team brass about his interest in the possibility of taking on the skipper's role with the division rival Red Sox.

Farrell, who was formally introduced by the Red Sox on Tuesday, said he spoke with Blue Jays general manager Alex Anthopoulos and team president Paul Beeston after interest was first expressed a year ago.

"When it came up again this year on the heels of two very extensive conversations — two extensive days of conversations in a year-end review — I expressed the same interest again and fortunately all parties were able to work out this trade," Farrell said.

The Red Sox and Blue Jays reached an agreement last weekend to allow Farrell to leave with one year left on his three-year contract. Boston sent infielder Mike Aviles to Toronto and obtained reliever David Carpenter in the deal.

Boston wanted to hire Farrell after it let Terry Francona go last year, but Anthopoulos asked for a top player in return.

In response to overtures from the Red Sox, Anthopoulos created a policy prohibiting employees from moving laterally to another organization.

Farrell spent four seasons as the Red Sox pitching coach before he was hired by Toronto. In his opening remarks, he thanked Beeston and Anthopoulos and expressed gratitude to the organization.

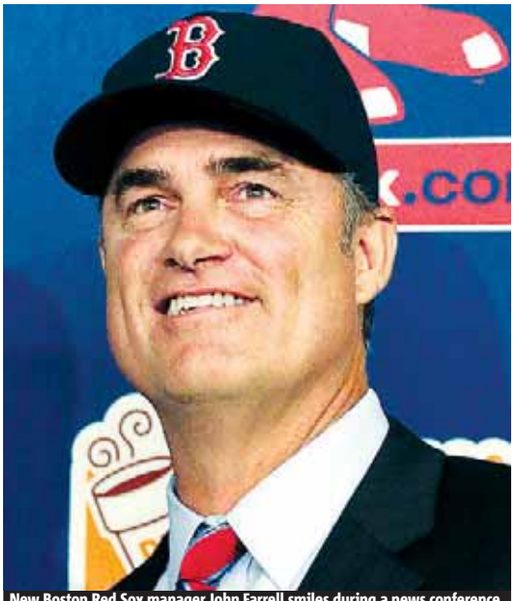
"The opportunity that they provided in the two years that were spent there, it was an invaluable experience," he said. "I'll forever be indebted to the Toronto Blue Jays."

Farrell said he was always committed to the Toronto job. He added the possibility of a move came up when Anthopoulos asked him where he stood on the issue in the event the Red Sox asked about him.

"I said I would be interested in speaking to them. If you would approve it, I would be glad to speak to them and that's how it evolved," Farrell said. THE CANADIAN PRESS

Departure backlash

- Some headlines in Toronto newspapers have not been kind to Farrell since his departure.
- "The reaction to the anger or the feelings that might emanate from this happening, I appreciate that," Farrell said. "But I would take exception with the thought that there was no intent to fulfil a contract."



New Boston Red Sox manager John Farrell smiles during a news conference Tuesday at Fenway Park in Boston. CHARLES KRUPA/THE ASSOCIATED PRESS

Van Riemsdyk sad to miss HNIC debut

Leaf forward James van Riemsdyk says he'd relish the chance to play on the top line "when and if we play hockey this year." STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

The worst part — or at least one of the worst parts — about this lockout as far as James van Riemsdyk is concerned is that he has missed his Maple Leaf debut on Hockey Night In Canada.

Even for a New Jersey-raised kid, that's a big deal.

"After I got traded, I had it marked off on the calendar," said van Riemsdyk. "The home opening night was against the Canadiens on Hockey Night in Canada. I was pretty fired up about it.

"I had buddies who were ready to book plane tickets and hotels and stuff and I had to tell them to wait and see..."

"It's an exciting time and Toronto seems like a great city. Hopefully we can do some great things when and if we play hockey this year."

Van Riemsdyk landed in Toronto — after about a month of workouts in Minnesota — to attend the celebrity draw master for harness racing's Breeders Crown Saturday at Woodbine.

The 23-year-old forward came to the Leafs from the Flyers this summer in a trade for defenceman Luke Schenn. He said he'd relish the chance to play centre on the top line after playing mostly left wing for Philadelphia.

TORSTAR NEWS SERVICE

Thoughts of Europe

- With the NHL labour agreement impasse, van Riemsdyk is negotiating with Tappara of the Finnish top division.
- If the NHL and the NHLPA haven't reached an agreement in the next little while, he may well join about another 150 NHLers overseas.

He's going to head home to Minnesota to play in a fundraiser on Sunday.

4 SPORTS

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Hard road ahead for cycling to regain credibility

Doping fallout.
Sport's top official says stripping Armstrong of Tour de France titles gives it some 'moral authority'

Mired in a crisis caused by the Lance Armstrong doping affair, the sport of cycling faces an uphill trek to regain credibility.

Still, cycling's top official said the sport can succeed despite the doubts of many, including anti-doping leaders who on Tuesday called for Armstrong-era officials to be removed.

"By the decisions we have taken (Monday) it has given us the moral authority," UCI president Pat McQuaid told The Associated Press after the UCI accepted the sanctions that stripped Armstrong of his seven Tour de France titles and all other race results since August 1998.

Quote

"The sport has to take what it can from this and use it as a means to convince athletes that there's no future in doping."
UCI president Pat McQuaid

Skeptics still insist that the UCI protected Armstrong from scrutiny for many years, and was reluctantly forced to disown him by a devastating report published this month by the U.S. Anti-Doping Agency. Across 1,000 pages of evidence, it detailed how Armstrong's teams used and trafficked banned drugs — coercing some teammates into the conspiracy — to dominate the Tour from 1999-2005.

"We really had no option but to make the decision we made," McQuaid said.

McQuaid's denunciation that Armstrong "deserves to be forgotten in cycling" was surprisingly strong after the UCI had previously backed Armstrong's failed legal fight to deny USADA jurisdiction in the case.

"We haven't tried to find a way to defend an icon in our sport — we've accepted reality," the UCI president told the AP. THE ASSOCIATED PRESS

UCI president Pat McQuaid
GETTY IMAGES FILE

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Champions League

Chelsea handed costly defeat

On a night of comebacks in the Champions League, the holders left theirs far too late.

Chelsea is facing an uphill battle to qualify for the knockout stage after slumping to a 2-1 loss at Shakhtar Donetsk on Tuesday, the Premier League leader's first defeat of the season in all competitions.

Manchester United also fell two goals down but staged a rousing comeback to win 3-2 at home to Braga and stay perfect after three group games. Barcelona has the same record after needing a goal deep into stoppage time by Jordi Alba to beat Celtic 2-1.
THE ASSOCIATED PRESS

Adriano Correia celebrates Jordi Alba's winning goal Tuesday in Barcelona. GETTY IMAGES

MLS

Slumping TFC needs big result in Mexico

Winless in 13 MLS games, Toronto FC has a Mexican mountain to climb when it visits Santos Laguna on Wednesday in CONCACAF Champions League play.

To advance out of the group stage of the CONCACAF club championship, Paul Mariner's team has to win by three goals — or score four or more and win by two.

Santos, which leads TFC by three points in the group, advances with a win or tie. It can also lose and move on if it does not give up too many goals.

Wednesday's scenario would have been different if Toronto had not given up goals in the 90th minute and stoppage time in a 3-1 loss to the Mexicans at BMO Field on Aug. 28.

Toronto, in the midst of an 0-9-4 run in league play, has gone 1-5-2 in all competitions since that Santos Laguna defeat.
THE CANADIAN PRESS

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How they made it

Giants: Finished first in the NL West and were the league's third seed behind the Nationals and Reds. The Giants fell behind 0-2 at home in the NLDS, flying to Cincinnati where they rolled off three straight wins. In the NLCS vs. the Cardinals, the inspiration came from a dirty slide that threatened to take 2B Marco Scutaro out of the series with knee damage. The former Blue Jay bounced back to be NLCS MVP batting .500. The Giants are a record 6-0 in elimination games.

Tigers: Rushed past the White Sox down the stretch to win the AL Central despite just 88 wins. RH Justin Verlander is the man for the Tigers, beating Oakland twice in the ALDS and the Yankees once in the ALCS with a 0.74 ERA, averaging over eight innings per start. The A's took it to five games before Verlander shut them out. The Tigers swept the Yankees and have been on the sidelines since last Friday waiting for an opponent. Detroit's rotation has been overpowering.

TORSTAR NEWS SERVICE

Tigers ace Justin Verlander delivers during Game 3 of the ALCS against the New York Yankees in Detroit on Oct. 16. GREGORY SHAMUS/GETTY IMAGES FILE

Verlander returns to Series on October roll

Tigers' best. Detroit ace looks to put behind early career disappointments on World Series stage

Justin Verlander's introduction to post-season baseball six years ago left him dazzled and exhausted.

Worn down toward the end of his rookie season, he made his playoff debut at Yankee Stadium. A couple weeks later, he was on the mound for Game 1 of the World Series.

"It was such a whirlwind, really, that entire season. I remember standing on the mound in old Yankee Stadium ... and growing up as a kid you see all of the post-season games and all of the magic that had happened in that stadium, and it was kind of a surreal moment for me," the Detroit ace said.

"I feel like I have pitched in big games now and understand what my body's going to be going through and what my mind is going to be going through and I am able to rein it in a little more and use it more to my advantage."

Verlander is now 29 and he returns to the Fall Classic a more mature pitcher. In three playoff starts against Oakland and the New York Yankees, he's allowed all of two runs going into Wednesday night's opening game at San Francisco.

"He's learned to handle these situations. He's learned how to stay pretty calm throughout the game in these big-game situations," manager Jim Leyland said.

The six-foot-five right-hander makes pitching look effortless, settling into a groove early without necessarily reaching back for his triple-digit fastball until the later innings.

Verlander went 24-5 in 2011, sweeping the AL MVP and Cy Young awards. Although he won only 17 games this year, his ERA was still a sparkling 2.64.

Of course, in 2006, Verlander started Game 1 of the World Series, and the Tigers lost to St. Louis 7-2. Those travails are all but forgotten now.

On Wednesday night, Verlander will go back to work, with his usual business-like attitude and tireless approach. He still won't take anything for granted. Verlander's well aware that no matter how talented you are, anything can happen in October.

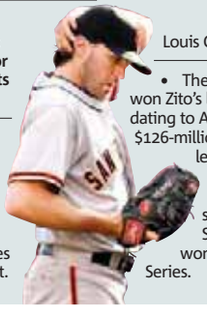
"Every game in the post-season is a must-win," Verlander said. "In the post-season we have seen some crazy things happen in this game. Just try to win every single game one inning at a time."

THE ASSOCIATED PRESS

Second chance in San Francisco

Barry Zito will start the World Series opener for the San Francisco Giants Wednesday night.

- Zito's stellar outing in a 5-0 win on Friday in Game 5 of the NL championship series helped San Francisco rally from a 3-1 series deficit against the St. Louis Cardinals.
- The Giants have won Zito's last 13 starts dating to Aug. 7. The $126-million pitcher was left off all three rounds of the 2010 post-season when San Francisco won the World Series.



Roster rundown

Giants:

Offence: Have been led by the play of 2B Marco Scutaro and the voice of RF Hunter Pence. In C Buster Posey's only full season they won the 2010 World Series.

Pitching: RH Ryan Vogelsong has been the man in the rotation. RH Matt Cain is a workhorse, but has struggled at times, while LH Barry Zito has pitched well recently. The Giants replaced injured closer Brian Wilson with Sergio Romo, who has the beard for the job.

Tigers:

Offence: DH Delmon Young drove in the winning run in all four games against the Yankees. They boast the powerful 3-4 combo of Triple Crown winner 3B Miguel Cabrera and 1B Prince Fielder.

Pitching: All the talk is about RH Justin Verlander, but RH Doug Fister, RH Max Scherzer and RH Anibal Sanchez have also pitched well. They've had rest, so the longer the series, the advantage goes to Detroit. The Tigers have been forced to go to LH Phil Coke as the closer with RH Jose Valverde struggling.

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Escape in the 2013 Malibu

ALL PHOTOS WHEELBASE

Green option

For buyers with a green streak, the Malibu Eco features a 182-horse 2.4-litre four-cylinder and a special 15-horsepower electric motor/generator that adds "eAssist" via a belt drive during acceleration and passing. Called a "mild hybrid" because the Malibu Eco cannot run on electric power alone.

The trunk is very spacious

2013 Chevrolet Malibu

- **Type.** Four-door, front-wheel mid-size sedan.
- **Engines (hp);.** 2.5l DOHC I4 (197), 2.0l DOHC I4 (259), 2.4l DOHC I4 with 15kw motor (182, net)
- **Transmission.** Six speed auto.
- **Base price (incl.destination).** $26,500

Interior styling

Cabin styling, which was the previous Malibu's strong suit, hasn't veered off course for 2013. The dual cockpit-style seating arrangement, with its wrap-around dashboard and centre stack, returns in roughly the same format, but the controls and switches are laid out in a more straightforward fashion.

Design

On the outside, the Malibu's athletic lines reveal a more prominent grille and Camaro-influenced taillights at the opposite end. The range-topping LTZ is upgraded with brighter high-intensity discharge (HID) headlights and faster-acting light-emitting diode (LED) taillights.

Review. It's really three separate cars under the same banner

MALCOLM GUNN
Wheelbase Media

To be a mid-sized sedan in this day and age means that you actually have to be a lot more than just a mid-sized sedan.

You have to have a super-attractive entry price. You also have to show that you like clean air, trees and fluffy rabbits romping in fields. And, you have to be sporty enough for moms and dads who gave up their two-door cars when the stork came calling. But, since you can't really put all of that together in one car, the Malibu — and others in this class — have separate models to take care of a broad buyer base.

Once considered somewhat plain and uninspiring in a rental-fleet sort of way, the Malibu regained its groove for the 2008 model year with sharp styling, thoughtfully designed interior appointments and competent road manners. The reviews bordered on gushing, sales spiked and the mid-size Chevy was walking proud again. The new 2013 Malibu has been repurposed for new challenges and increased sedan-class competitiveness. From top to bottom it's a completely different car, starting with a more rigid platform based on the Opel Insignia (also part of GM).

Exterior dimensions are closely aligned with the outgoing Malibu, except for about 11.5 centimetres of shrinkage between the front and rear wheels. Despite this deficit, most key passenger- and cargo-area measurements, except legroom, have actually increased. The speedometer and tachometer gauge pods are located in what are clearly Chevrolet Camaro-inspired housings. As with other recently launched GM sedans, the Malibu comes with 10 standard airbags, including front-knee inflatables.

In short, the 2013 Malibu offers a variety of models to a diverse group of buyers. Welcome to the modern mid-size sedan.

The Malibu's taillight influence is undeniable. All models are front-wheel drive and have some sort of four-cylinder propulsion.

The gauge layout will likely remind you of the Chevrolet Camaro.

By comparison

1 Ford Fusion
Base price: $24,050

2 Nissan Altima
Base price: $25,200

3 Mazda6
Base price: $25,700

Wisely spend your way around car care this fall with these 8 products

Take a load off. With a vehicle maintenance investment this season you could have more time to enjoy life

JEFF MELNYHCUK
Wheelbase Media

Car "care" is not a four-letter word.

In fact, like many things in life, you can spend your way around it. When it comes to your vehicle, a dollar spent on the right products often equals money saved down the road on repairs, resale value and elbow grease.

The following products were chosen for this reason. Wheelbase Media is not affiliated in any way with the following companies or their products.

They have been selected as a sample of the thousands of products out there that are designed to, among other things, give more time behind the wheel.

No. 1: Defend against door dings

Simply separate the two halves and stick them to the front and rear doors (thanks to built-in magnets) of your vehicle to provide a three-inch thick protective bumper.

Each set consists of a pair of 75-cenitmetre-long shock-absorbing tubes covered in soft, scratch-proof, weather-resistant polyester. Bound together by a heavy-duty cable, they're held by a ball at the end of the steel security cable that you simply toss into the vehicle before closing and locking the doors. doordefender.com

No. 2: Cap the problem

There are a number of valve-stem caps on the market that show you when tire pressure is low.

The Air Alert Valve Cap from Automotive Upgrade Technologies actually flashes for up to three weeks when the pressure drops by four p.s.i., a situation that needs your immediate attention. The list price is about $40 US. Visit automotiveupgrade.com.

No. 3: The cart of all carts

OK, this item might not be for everyone, but if you're deadly serious about keeping your expensive ride(s) as clean and spotless as possible, then you'll definitely want to look into a Rebel Cart.

Each of the company's twin-compartment rolling steel carts can store plenty of solvents, waxes and assorted cleaning supplies. There's also a portable air compressor (including an air hose and air gun) and a Metro-brand 4.0-horsepower portable vacuum cleaner.

Colour choices include red, white, matte black, gloss black and silver. Rebel Carts sell for $2,000 US and through rebelcarts.com.

No. 4: "Carrying" a spare

Kurgo makes storing and moving your spare sets of tires a little easier (and cleaner) because of its one-size-fits-all bags with handles.

The Seasonal Tire Tote is intended to keep brake dust and other road filth off your clothes as well as out of the trunk or cargo compartment of your vehicle. Made from polyester and machine-washable. Kurgo.com.

No. 5: Dressed with less mess

One coat of More Shine on a clean tire makes it look black, while a second helping provides a glossy shine. There's no dripping liquid, no sponges and a no wiping needed.

The Stoner company says the shine will last for weeks.

More Shine is claimed to provide UV protection from the sun, it won't "brown" the tires and it won't harm the finish on your wheels. Moreshine.com.

No. 6: Smell? What smell?

Each one-kilogram bag contains porous volcanic rock with zeolite, which is a naturally forming mineral with the ability to absorb all kinds of smells, from food (regurgitated and otherwise) to oil and gasoline fumes.

All that's required to maintain the product's effectiveness is to occasionally place the bag in direct sunlight for six to eight hours. Stinky-Be-Gone sells for $15 US (or three bags for $40 US) from griotsgarage.com.

No. 7: Clean your cleaning cloths

The maker of WHOOSH! claims that its biodegradable detergent will make your microfibre towels turn out soft and fluffy as new, which is what you need to get back to work on your vehicle.

The product's formulation, which includes water softeners, attacks grease, dirt, oils, wax, brake dust and other stains without the use of bleach or other harmful chemicals.

Make cleaning your filthy car easier this fall. WHEELBASE

A 950-millilitre bottle sells for about $20 US and is available from the manufacturer at whooshinc.com.

No. 8: Keep your cool

AC Pro, made by IDQ Inc., can actually stop a leak and replenish the system with refrigerant, all from a single can.

In addition, the manufacturer claims AC Pro's special formula contains the most effective coolant on the market. Each can of AC Pro includes a built-in pressure gauge, extra-long hose and special "snap lock" coupler. AC Pro retails for about $50 US and is available from a number of auto-supply and department stores.

Watch the video demo and obtain purchasing info at acprocold.com.

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WOMEN CERTIFIED

Child seats: One size doesn't fit all

Driving Force.
Don't take risks, and be informed when it comes to seating your kid

JIL MCINTOSH
drive@metronews.ca

Things to note

- **Better safe than sorry.** Always register your seat with the manufacturer when you buy it, so you can be alerted to any product recalls.
- **Support is crucial.** Make sure any seat sufficiently cushions the child's head and prevents excessive head and neck movement in a crash.

You know that your child should always be in the proper safety seat at all times in a vehicle. But you may not be aware of changing recommendations for the type of seat they use.

The transition through various types of seats depends more on a child's development than age or weight, according to Barbara Baines, child passenger safety advocate for Britax.

"Britax recommends rear-facing as long as possible," she says.

"It's a safer way to travel, because during a frontal collision, the force of the collision is absorbed through the back of the seat, and there is no energy or force being put on the weaker front parts of the body."

The federal government sets standards for the seats themselves, but provinces set laws for their use.

The weight and age of children in rearward-facing seats is often legislated at 20 to 22 pounds, or a minimum of one year.

Baines recommends using the child's development instead and keeping them rearward-facing until they can walk unassisted.

"Many children are bigger than in the past, and that's why we've brought in the developmental part," she says.

"Babies that are larger won't always have the muscle strength, even though they passed 22 pounds long ago. Walking unassisted indicates that they have the muscle development to hold their bodies and spines upright."

When a child moves from a front-facing seat to a booster seat, height should be the primary factor. The booster seat's sole purpose is to raise the child sufficiently so a seatbelt can be used.

The seatbelt must fit correctly over the hips and shoulder, and the child should be able to sit with his or her back against the seat, and with knees completely bent over the front of the seat cushion.

Until this is possible, the child should remain in a seat with a five-point harness.

All child seats should be replaced after their expiration date or if they've been in a crash, even if the seat was empty at the time. Baines cautions about buying used seats.

"It's illegal to sell second-hand seats unless they meet the Transport Canada safety standards as of January 2012," she says.

"Also, you don't know if that seat has ever been in a collision, been mistreated, or if there's a recall on it. It's not worthwhile saving money when it's your child's safety at stake."

Some perspective

"Also, you don't know if that seat has ever been in a collision, been mistreated, or if there's a recall on it. It's not worthwhile saving money when it's your child's safety at stake

Barbara Baines, Child Passenger Safety advocate for Britax
On the dangers of buying a second-hand car seat for a baby or child

Sitting pretty in her car seat. BRITAX

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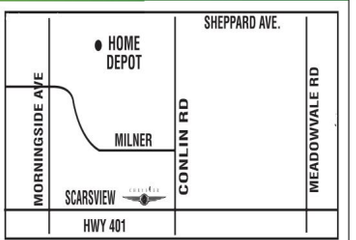

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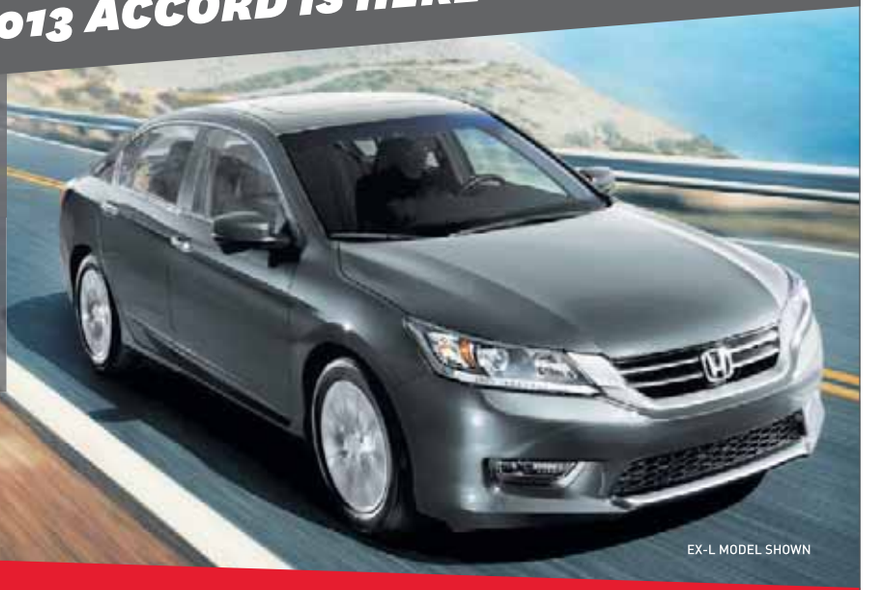

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SCAN HERE FOR MORE INFORMATION

Bank balance lean but keen to stay green? Choose Honda's old hybrid

Second gear.
2005 to 2007 Honda Accord Hybrid

JUSTIN PRITCHARD
Drive@metronews.ca

Pressing towards greater environmental sensibility, Honda launched a hybrid variant of their popular Accord sedan for the 2005 model year. The relatively short-lived model lasted through till 2007 and was never a sales success. Look for an Accord Hybrid with heated leather seats, a navigation system, premium audio, remote entry, steering-wheel mounted audio controls and all of the other toys available in loaded-up Accord models.

ALL PHOTOS HANDOUT

Engine

By adding their Integrated Motor Assist (IMA) system to the Accord's V6 powerplant, output climbed from the standard 240 horsepower to 255.

What owners like

Owners gravitated initially toward the model because of its promise of elevated performance and good real-world mileage. Honda's reliability and reputation for safety and a refined driving experience attracted shoppers, too.

What owners dislike

Complaints include seat comfort, some cheap interior trim pieces and lower-than-expected handling performance due to the fuel-saving tires.

Verdict

Shop carefully, test-drive thoroughly, and try to find a model that's familiar to the selling Honda dealer. An extended warranty that covers the hybrid drivetrain components isn't a bad idea either.

Common issues

Check for a vibration or "tone" emitted from the Accord Hybrid's engine compartment, which is likely caused by a malfunction in the "Active Noise Cancellation" circuitry.

Another possible issue may be related to the transmission. Some drivers report a clunking, surging or vibration apparent when shifting gears.

Accord's engine has 255 horsepower

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Time waits for no bench seat

Autopilot. Seating made easier?

AUTO PILOT
Mike Goetz
drive@metronews.ca

The 2013 Chevrolet Impala is the last in a long line of sedans to have front bench seats. The Cadillac ATS is among the first in line to offer a 'safety seat'. HANDOUT

As far as bittersweet goodbyes go, it's not one of the big ones. Not like when the McRib sandwich was dropped off the permanent menu at McDonald's.

But brace we must, for the coming demise of the front 'bench' seat.

The 2013 Chevrolet Impala is the last sedan standing in North America that can be equipped with a front bench. We got word last month that the all-new 2014 Chevrolet Impala being readied for sale sometime in 2013 will not be offered with a bench seat option. So when the 2014 Impala replaces the 2013 version, it's all over, for Chevrolet and for the North American industry.

Chevrolet has been a purveyor of bench-seat equipped cars since 1911, with the launch of its very first car — the Series C Classic Six.

You can still get front benches in pickups and some SUVs, but their time in passenger cars has clearly passed. GM noted that only about one in 10 Impalas are currently sold with the bench option.

Why did they fall out of favour? Well, we could start with general discomfort, stemming from their too close association with the church pew, their total lack of lateral support during cornering and the lovely, non-verbal way they lately came to say "fleet car" and/or "I'm not trying anymore, bucket seats are just too cool for me."

But they definitely had their day in the sun. For decades, they were the go-to front seat — for value, for getting the most people in a car and for keeping things cozy between you and your sweetie. It will always be an endearing image — a gal sitting tight beside her guy behind the wheel, while the far right seat goes empty. It's probably not a coincidence that the drive-in movie theatre and the front bench seat have simultaneously declined in popularity — they needed each other.

Time and seat progress marches on. Recently, I drove the new 2013 Cadillac ATS. A great car and one of the first to debut Cadillac's new "safety seat," which GM bills as "the industry's first to use directional tactile sensation — vibration of the driver's seat bottom — to warn of crash threats while driving and parking." (The operative word is "directional." Back in 2005, Citreon introduced its "vibrating seat" alarm.)

The seat features two vibrating mechanisms. If the threat is on the left (drifting left, object left), the left motor generates a pulsing motion destined, presumably, for your left butt cheek. If the threat is on the right, your right butt cheek gets the message. Threats from the front or rear trigger pulses on both sides of the seat.

I purposely drifted the ATS over the centre line in the road to experience this butt warning. It felt good … No, I mean it did its job — it's very effective at getting your attention. So we've moved from a seat that allowed one body to slide up nice and tight to another body, to one that sends mechanical vibrations to your butt. I guess it's progress.

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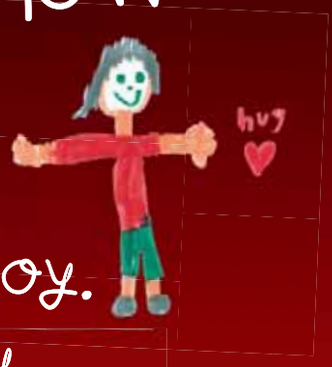
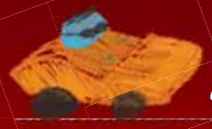


i sAiD it sMells like



A new toy.

AnD DAD sAiD...eXACtly.

2013 Dodge Grand Caravan SXT shown.§

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*Consumer Cash Discounts are offered on select 2012/2013 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. †4.49% purchase financing for up to 96 months available on the new 2013 Dodge Grand Caravan Canada Value Package (29E) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Example: 2013 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $19,995 (including Consumer Cash Discount) financed at 4.49% over 96 months with $0 down payment, equals 208 bi-weekly payments of $115 with a cost of borrowing of $3,843 and a total obligation of $23,837.61. §2013 Dodge Grand Caravan SXT shown. Price including applicable Consumer Cash Discount: $24,541. ■Based on *Ward's* 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ⊙Based on 2013 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. 2013 Dodge Grand Caravan Canada Value Package – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Be wary how winter taxes your fuel intake

Ice and snow means more money spent at the pump. ISTOCK

Part of being a smart, safe, fuel-efficient driver includes knowing how to achieve good results even in the worst weather. Did you know, for example, that the combined effects of various conditions can increase fuel consumption more in winter than summer? While it may sound obscure, when you break it down it really makes sense.

• Drivers should expect higher fuel consumption in cold weather. The U.S. Environmental Protection Agency (EPA) found that a drop in temperature from 24 C to 7 C increased fuel consumption in urban commutes by 12 to 28 per cent.

• Aerodynamic resistance is greater in winter. Cold, dry winter air is about 12 per cent denser than warm, humid summer air, increasing highway fuel consumption by about 1.3 per cent in winter. The average wind speed is also higher in winter, which contributes to increased aerodynamic resistance and fuel consumption.

• Winter roads create difficult driving conditions. Roads tend to be rougher in the winter, with increased asphalt deterioration and a mix of snow, ice, slush, water, salt, gravel, and sand. The engine works harder to offset the increased rolling resistance, as the tires must push aside heavy snow and road cover. The snow and ice also increase wheel slippage, which results in higher fuel consumption. U.S. EPA data shows that fuel consumption can increase from seven to 35 per cent as a result of poor road conditions, depending on the surface type and snow load.

• Winter gas normally has lower energy density. Gasoline composition is seasonally and geographically adjusted based on historical temperature data. A litre of winter gas has less energy than a litre of summer gas, typically in the range of 1.5 to three per cent. Diesel fuel is similarly affected.

• Winter driving taxes the vehicle's electrical system. Except for using air conditioning on hot summer days, a vehicle's electrical loads are normally higher in cold weather due to greater demand from heating, defrosting, heated seats, heated mirrors and increased use of the windshield wipers and washer pump. The energy for these electrical loads is provided by the vehicle's electrical system, which obtains power from the engine. NEWS CANADA

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A New Car. If you go from a vehicle that tends to have higher insurance rates such as a luxury car, sports car, or large SUV, to a smaller or more economical vehicle that has a lower risk level for the insurance company, you could see those rates go down. There are even some cars that come with discounts, such as those that are considered to be highly fuel-efficient or hybrids, or cars with the latest in anti-theft technology.

Shopping Around For a New Company. Changing to a new insurance company could be the change that brings your rates down the most, as each insurance company charges different rates to insure the exact same person. But unless you take the time to shop around regularly, you will never know how much you could save.

Tickets and Accidents Falling Off Your Record. If you've been paying for an at-fault accident or a ticket on your premiums, the day that it comes off will be a good day for your insurance premiums. Remember that while the charge will come off your driving record on the day it was officially recorded against you, it will likely come off your insurance bill on renewal.

Remember that the very best way to keep your insurance premiums low is to shop around for better rates. Insurance quoting sites like InsuranceHotline.com can help by comparing your insurance rate against over 30 car insurance companies to find you a lower rate available for your driving profile.

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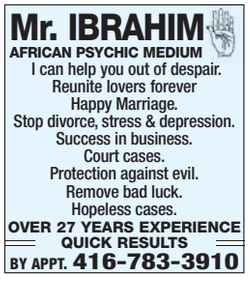

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Horoscopes

♈ Aries
March 21 - April 20
You are rarely subtle in the way you say things and today you will speak your mind without fear or favour. Leave others in no doubt at all that you are not amused by what has been going on of late.

♉ Taurus
April 21 - May 21
Not everyone can live up to your exacting standards, so make allowances for those whose efforts fall short of the mark. The quality you most need to develop is patience. It won't be easy but it can be done.

♊ Gemini
May 22 - June 21
You need to slow down and take life at a more leisurely pace. The planets warn that mistakes will be made unless you think things through carefully over the next few days. Remember, your health always comes first.

♋ Cancer
June 22 - July 23
You have much to look forward to over the next few weeks, so don't waste time or energy on things that no longer matter. Whatever yesterday's problems were, it's time to put them out of your mind forever.

♌ Leo
July 24 - Aug. 23
Keep telling yourself that you are supposed to make mistakes and that it's not necessarily bad when things go wrong. The important thing now is that you learn from setbacks and make sure they don't happen again.

♍ Virgo
Aug. 24 - Sept. 23
What someone is saying about you is designed to make you feel bad about yourself, but you don't have to play their silly game. You know what you are capable of. You are perfect just the way you are.

♎ Libra
Sept. 24 - Oct. 23
Find ways to streamline your daily routine so you have more time for personal matters such as affairs of the heart. Most likely you are doing things for other people that they should be doing for themselves. Enough is enough.

♏ Scorpio
Oct. 24 - Nov. 22
Play by the rules and don't give your enemies an opportunity to catch you out. If you demand the highest standards of other people, they have the right to demand the highest standards of you.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone who has a lot of charm will make a big impression on you today but are they as nice as they look? If your sixth sense tells you to be on your guard, you would be wise to listen to it.

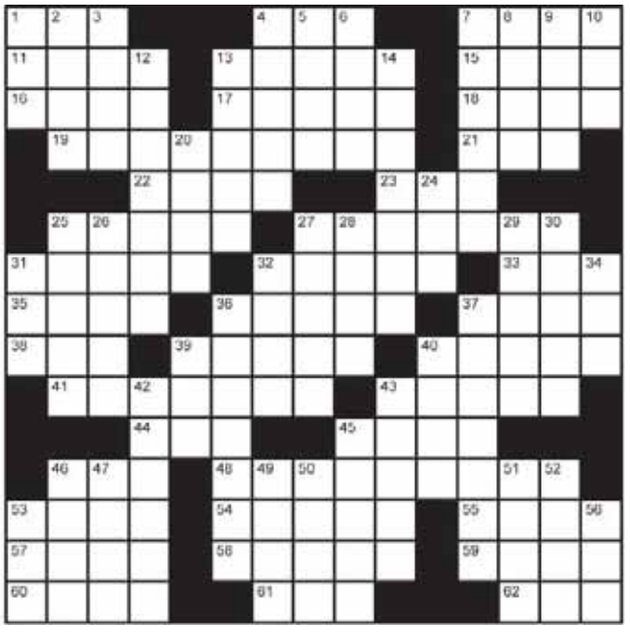
♑ Capricorn
Dec. 22 - Jan. 20
Forget about tomorrow and focus on what you are supposed to be doing right now. Take each day as it comes and tackle a single task at a time. One small task completed is better than ten big tasks left unfinished.

♒ Aquarius
Jan. 21 - Feb. 19
Stop worrying that the sky is about to fall and start doing the things that will make your existence more secure. For starters, you should be pushing ahead with a creative project. Time's running out.

♓ Pisces
Feb. 20 - March 20
A loved one is in need of cheering up and you are the one who can help. Make it your business to put the smile back on their face and, in doing so, your own worries will fade away too. **SALLY BROMPTON**

Two Cities, One Rocker, and Stuff for Walls

BY MICHAEL WIESENBERG



Across
1. Parliamentarians
4. African antelope also known as a wildebeest
7. Not this
11. Comic Sandler
13. French coin replaced by the euro
15. Nevada's "The Biggest Little City in the World"
16. Crafty
17. Starbucks order
18. Sandwich cookie
19. Saskatchewan's largest city
21. Body part right above the neck
22. Benedict XVI or John Paul II
23. ___ la la
25. Egyptians and Iraqis
27. Home of the Argonauts
31. Wonderland girl
32. With ___ breath: anxiously
33. Basis for a Quaker cereal
35. Small inlet
36. Ancient Celtic priest
37. "Are not!" playground retort (2 wds.)
38. Before: poetic
39. Years 13 through 19
40. Peaks of perfection
41. See 24-Down
43. Bows one's head in church
44. Deity
45. Street
46. Windsor product
48. Wallpaper alternative
53. One of the Great Lakes
54. By oneself
55. Long, long time
57. Flower sites
58. Appellations
59. Fiddler while Rome burned
60. Hive dwellers
61. Repair tears
62. Blade moisture, in the morning

Down
1. PC alternative
2. BlackBerrys and Palm Pilots
3. A long tale such as *Beowulf*
4. Prepare parmesan
5. Mutual defense org. to which Canada and the US belong
6. "Do ___ others as you would ..."
7. Like the famous wooden horse
8. Jealous wife of Zeus
9. All over again
10. Also
12. Facebook competitor
13. Airplane wing parts
14. Moved to the middle
20. Basketballer Bryant
24. With 41-Across, "Maggie May" or "Do Ya Think I'm Sexy?" singer
25. Then: Fr.
26. Blue jeans reinforcement
27. Tease
28. Lex's *Superman* sidekick
29. The Who's pinball wizard
30. Desert rest stops
31. Top card
32. Uncle Remus character
___ Rabbit or Bear
34. How-___: instruction manuals
36. Poker-faced
37. Early French Canadian
39. Deuce
40. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
42. Entrance's opposite
43. North and South ___
45. Sign up for more magazine issues
46. They were among the original inhabitants of Ontario
47. Assistant
49. "Sad to say..."
50. Iditarod's Alaska terminus
51. Must-have item
52. Bull ring wound
53. Be on the wane
56. At present

Yesterday's Crossword

What's online

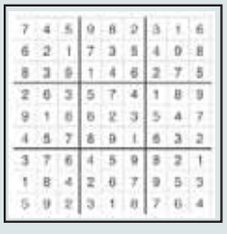
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	2		8		1		3	
			6		3			
3		1				4		7
		9	2		5	7		
2								8
		8	7		6	1		
4		2				3		9
			1		8			
	6		4		9		5	

Yesterday's Sudoku



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HURRY IN! OFFER ENDS OCTOBER 31ST

0% —FINANCING ON— 2013** ON SELECT MODELS | PAY FOR 90 DAYS*

+

3 MONTHLY PAYMENTS ON US¥

kia.ca

FOR A LIMITED TIME ONLY

Sorento SX shown△

2013 SORENTO 7 PASSENGER SEATING AVAILABLE

OWN IT FROM	WITH	AT	FOR UP TO	INCLUDES
$151≠ BI-WEEKLY	$0 DOWN	0% APR	60 MONTHS	3 MONTHLY PAYMENTS ON US¥

HWY (A/T): 6.2L/100KM
CITY (A/T): 9.5L/100KM

bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT.** $7,837 remaining balance. Offer includes delivery, destination and fees of $2,183 and **$1,650** "3 payments on us" savings.¥ **BASED ON A PURCHASE PRICE OF $29,078.** Offer based on 2013 Sorento LX AT.

2013 FORTE SEDAN

HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

WELL-EQUIPPED FROM $13,495◂

INCLUDES 3 MONTHLY PAYMENTS ON US¥

Offer includes delivery, destination and fees of $1,888 and **$4,388 cash savings**‡ (some conditions apply). **BASED ON A PURCHASE PRICE OF $17,883.** Offer based on 2013 Forte Sedan LX MT.

Forte SX shown△

2013 SPORTAGE

HWY (A/T): 6.2L/100KM
CITY (A/T): 9.4L/100KM

LEASE IT FROM	AT	FOR UP TO
$236§ PER MONTH	0.9% APR	48 MONTHS

$1,899 down payment. Offer includes delivery, destination and fees of $2,533 and $750 lease savings. **BASED ON A PURCHASE PRICE OF $24,528.** Offer based on 2013 Sportage 2.4L LX MT FWD.

Sportage SX shown△

5 Year Warranty* WE'VE GOT YOU COVERED

*5-year/100,000 km worry-free comprehensive warranty.

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- Military Benefit
- First Time Buyer
- Grad Rebate

see dealer for details

GTA KIA .ca

KIA
The Power to Surprise

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include licensing, PPSA or applicable taxes.

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by October 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Your local dealer may charge additional fees for an administration fee that can range from $0 to $699. Other lease and financing options also available. **0% purchase financing is available on select new 2013 Kia models on approved credit. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sorento LX AT (SR75BD) with a selling price of $29,078 (includes delivery and destination fees of $1,650, $1,650 "3 payments on us" savings, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable)) financed at 0% APR for 60 months, amortized over 84 months. Bi-weekly payments equal $151 per payment with a down payment/equivalent trade of $0. License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. ♦"Don't Pay for 90 Days" on select new models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a select new 2012 Soul 1.6L MT/2012 Soul 1.6L AT/2012 Optima/2013 Optima/2012 Sorento/2013 Sorento/2013 Forte Sedan/2013 Forte Koup/2013 Forte5 from a participating dealer between October 1 – October 31, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of $350/$350/$400/$550/$550/$350/$350/$350 per month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to $1,050/$1,050/$1,200/$1,200/$1,650/$1,650/$1,050/$1,050/$1,050/$1,050 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. Offer ends October 31, 2012. ¥Bi-weekly finance payment (on approved credit) for new 2013 Sorento LX AT (SR75BD) based on a selling price of $29,078 is $151 with an APR of 0% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $7,837 plus applicable taxes due at end of 60-month period. Offer includes $1,650 "3 payments on us" savings, delivery and destination fees of $1,650, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. ◂Cash purchase price for 2013 Forte Sedan LX MT (FO54DD) is $13,495 and includes a cash savings of $2,838 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers), $500 dealer cash bonus, $1,050 "3 payments on us" savings, delivery and destination fees of $1,455, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $17,883. Retailer may sell for less. See dealer for full details. Available at participating dealers. ‡$2,838 cash savings on the cash purchase of an eligible new 2013 Forte Sedan from a participating dealer between October 1 – October 31, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. §Lease offer available on approved credit on new 2013 Sportage 2.4L LX MT FWD (SP55ID) is based on monthly payments of $236 (includes delivery and destination fees of $1,650, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable), $350 lease service fee and a lease savings (lease credit) of $750) for 48 months at 0.9% with a $1,899 down payment/equivalent trade, PPSA, security deposit and first monthly payment due at lease inception. Total lease obligation is $13,209 with the option to purchase at the end of the term for $11,319. Lease has 16,000 km/year allowance and $0.12/km for excess kilometres (other packages available). License, insurance, applicable taxes and registration fees are extra. Retailer may lease for less. See dealer for full details. △Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD 7-seater (SR75XD)/2013 Forte SX Luxury AT (FO74XD)/2013 Sportage 2.0T SX with Navigation (SP75SD) is $43,045/$27,150/$39,145 and includes delivery and destination fees of $1,650/$1,455/$1,650, environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $399), tire recycling and filter charges of $34, OMVIC fee, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. ^Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Forte Sedan 2.0L MPI 4-cyl (A/T)/2013 Sportage 2.4L MPI 4-cyl (A/T). These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Some conditions apply to the $500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.